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# THE HYGIENIC MIRACLE

OR,  
HOW TO CURE DISEASE.

HOW TO FORTIFY THE SYSTEM AGAINST DISEASE WITHOUT  
DRUGS OR MEDICINE.

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BY  
REV. WM. SIMMONS.

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ENDORSED BY THE MEDICAL FRATERNITY.

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*All Communications with reference to this work  
and all Orders should be addressed:*

REV. WM. SIMMONS,

CARE THE POST.

*Sarna, Ont.*



ENTERED ACCORDING TO ACT OF PARLIAMENT OF CANADA IN  
THE YEAR OF OUR LORD ONE THOUSAND EIGHT  
HUNDRED AND NINETY-THREE,

By W. B. J. WILLIAMS,

AT THE DEPARTMENT OF AGRICULTURE AT OTTAWA.



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## Preface.

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NOT for literary fame or glory, has this book been written; for such an object the author disclaims both ability and ambition, and still less, if possible, have I written for the profession, solely for the masses.

The object is to set forth the facts of the great value of health and the urgent need if deep interest on the part of every individual to take care of this treasure, and in case of illness or threatened health, to give common sense treatment for most of the physical ailments of life.

"Knowledge is power," and I believe the the knowledge of the Hygenic Miracle will lessen disease and pain and will be attended by increased health, happiness, prosperity, and a greater degree of true independence.

In the preparation of this work, I would acknowledge Dr. A. W. Hall's Health Pamphlet, Dr. Forest's New Method, Dr. O. P. Brown's Complete Herbalist, Dr. Beard's Our Home Physician, Dr. Pierce's Common Sense Medical Adviser and Farm, Field and Stockman's Supplement to Hall's Health Pamphlet.

I am well aware, that many writers would have clothed the thoughts in more

beautiful language; it is expected that the master mechanic turn out better work than the apprentice. While the liberty to criticise is yours, may it be mine to ask you, to unite with me in the good wish and earnest prayer that this manual may be become a blessing to millions.

While I am satisfied the reader will find the philosophy of the treatment as solid as the "eternal hills," I trust he will find the treatment without drugs more satisfactory than the treatment with drugs offered by any "pathy" of the past, simply because, as a rule, it either conquers or annihilates disease. May it indeed prove a blessing to millions, is the earnest prayer of the

AUTHOR.

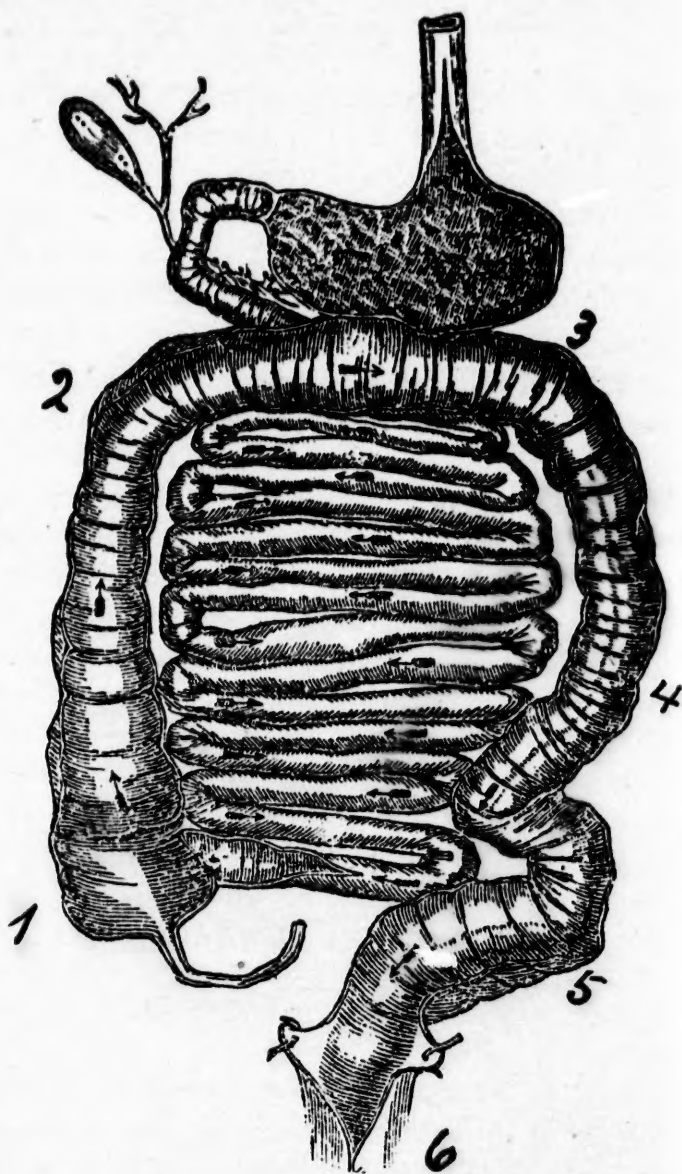
SARNIA, ONT., October, 1892.

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### EXPLANATION OF DIAGRAM.

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- 1-2—The Ascending Colon or Large Intestine.
- 2-3—The Transverse Colon.
- 3-4—The Descending Colon.
- 5—The Sigmoid Flexure.
- 6—The Anus.



1-6 The Colon.

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# Introduction.

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THE earth moves, and on all sides we notice progress and development. With progress and development come changes. How desirable that it is so.

The wisdom of yesterday is foolishness to-day. The sickle of one hundred years ago gave way to the turkey-wing cradle; this was displaced by the reaper, and now the farmer is king while he conquers one field of grain after another with his invincible harvester.

The writer well remembers the displacement of the tallow-dip by the kerosene lamp. The introduction of gas marks another desirable revolution, which also in time must give way (has already to a great extent) to the magnificent electric light.

In the science of medicine or rather in the art of healing, progress is also being made. The science of medicine in experience and in fact continued through all the centuries an "*inexact science*." What proved effectual once might fail on a second trial. In the presence of different prevailing diseases, the medical fraternity were powerless,



and we were compelled to draw what comfort we could from the ultimate consolation: "We have done all we can do." "No herb grew for death."

Will history deny itself? Is there to be no further development in the healing art? Yes, thank God, there is. Already probably a million hearts have been filled with gratitude and joy over the wonderful revolution in the treatment of physical ailments without drugs or medicines owing to

#### GRAND DISCOVERIES

which we purpose to give to the reader. While the medical fraternity are securely entrenched behind a wall of privilege granted by the Government securing to them the monopoly of dispensing medicine to the sick, a layman comes forward with

#### A REMEDIAL PROCESS

that eclipses anything *Materia Medica* has yet offered. Dr. A. Winfred Hall claims to be the discoverer of this system. By some these claims are denied, and in support of such claims the following quotation is given from

#### THE WATER CURE MANUAL,

by Joel Schew, M. D., copyrighted in 1847, and printed by Fowler & Wells in 1850. Speaking of this treatment Dr. S. writes: "These (referring to the process of flushing)

may be repeated again and again in as great quantity as desired. A good mood, too, is to take a small injection, a tumblerful, more or less, that is retained permanently, without a movement before morning. This is very soothing to the nervous system, aids in securing sound sleep, and by its absorption in the coats of the bowels, dilutes acrid matters therein, tonifying and strengthening likewise those parts, aiding materially in bringing about natural movements."

He further writes: "This statement will cause sneering I know; but it is no fancy sketch. The thorough washing out, so to say of the lower bowels, by which the peristaltic or downward action of the whole alimentary canal is promoted and by the absorption or transudation of water its contents are moistened and diluted, and the whole of the abdominal circulation is completely suffused by that blandest and most soothing of all fluids, pure water. Whoever understands well the sympathies and tendencies of these parts of the human system will at once perceive the truth of what I affirm."

Mr. A. W. Hall, Ph. D., L. L. D., tells us that during a serious affliction of the lungs, the kidneys and stomach he made the discovery. The doctors had given him up to die, and advised him to settle his business



affairs. This, however, concerned him too much to be passive, it rather awakened in him the determination to take the case in his own hands, and engaged in intense study, looking for the cause of his trouble, he discovered the fountain of disease and the simple and effectual cure.

Whether Dr. Hall's claims, as to being the original discoverer, are correct or otherwise, this much is verified by actual experience in thousands of cases, that we have here the *most simple, most harmless, most powerful and effective* Remedial Process the world knows of. It has the endorsement of the highest medical authorities and of common sense.

In the last four years it has been introduced into about one-half million of homes, and everywhere is receiving the most enthusiastic endorsement, both in England and America.

## MEDICINE AND DRUGS MUST GO.

Of the two evils, medicine or disease, the former has often proved the greatest. Whatever good medicine may have done, and whatever obligations humanity may be under to the remedial systems of the past, all hearts will join in a long jubilee over the emancipation from the bondage of drugs. Have not nations gloried over lesser victories? Already in a million hearts the most profound gratitude has been awakened over the happifying results of this drugless system.

There is not a particle of doubt, that in time as the philosophy of this system becomes known and thoroughly understood, that the countless millions of the human race will share this gratitude.

For years and years past, physicians of acknowledged ability have given broad hints as to the questionable power or virtue of drugs to remove disease. Dr. Hutchinson, who graduated in no less than six different medical colleges, (one of them being at Ann Arbor) in so many different countries, and who was even made the royal physician to the emperor of Siam, is positively known to have said: "There is no such thing as curing disease with medicine." A celebrated French physician, Dumoulin, the acknow-

ledged head of the profession in Paris, lay dying. His colleagues were sorrowfully gathered about his bed. "Messieurs," he said, "I leave behind me three great physicians. They are water, exercise and diet," said the dying man.

Sir James Robertson, the distinguished surgeon of Birmingham, England, among other things says of this incomparable remedial process: "In practice, when intelligently carried out, it meets directly the immediate wants of the people, at least the large majority of the suffering and ailing public; it sharpens the appetite, stimulates the liver, lightens the labor of the kidneys, and moves the bowels; by so doing, it strengthens the back, clears the brain, gives spring to the body and mind, chases away bilious melancholy, with its legion of neuralgias and spasms and pains, and comes altogether as a boon and blessing to man. As for myself, I have benefitted much by it; and when I find a patient with sense enough to use it thoroughly I can dispense with medicine. I cannot withhold my testimony in favor of what I know to be simple, natural and good,

A TOWER OF DEFENCE TO THE HEALTHY,  
and the best remedial process I know of,  
even in cases of serious organic disease.

You may challenge the world, medical or general, to name a process of such widely applicable remedial power." He further says in substance that when the people find out and appreciate it, the practice of medicine is virtually at an end.

Dr. H. Turner, who has thirty years' experience in the practice of medicine, has used this drugless remedy for a number of years with remarkable success. He declares "This treatment removes the cause of disease and that without medicine; and that in many instances the cause of disease cannot be removed with drugs or medicines." He further says: "We have discovered the cause of nearly all diseases known to the profession, and the remedy is simply removing the cause." A host of happy people have already learned that it either conquers or annihilates disease.

### WHAT IS UNDERSTOOD BY DISEASE ?

"Disease implies that condition in which the organs of the body and mind are not in harmony, attended by a diminution of functional power. Disease may exist without pain or uneasiness, but hardly without functional disturbance, or incapacity of some kind. Slight structural and functional devia-

tions from a state of health are sometimes unnoticed, but only because they are slight, and because the functions to which they extend are not habitually in use to their full extent."

According to this definition, anything that would cause a disturbance or inharmony of the faculties and organs of the body and mind will cause disease. Let us enquire

### WHAT IS THE CAUSE OF DISEASE ?

Medical writers have in the past referred to different sources as the possible fountain of disease—the air, water, the cellar, food, &c.

### THE AIR AS A SOURCE OF DISEASE.

While we do not believe the uncontaminated air under the heavens is ever the cause of disease, still there are locations and circumstances that are sufficiently serious to demand our earnest attention.

Pure air is the very pabulum of life; however it is liable to deterioration, and thus never fails to render the blood impure and sooner or later affect both body and mind. Every disease is aggravated by the breathing of foul air.

Respiration is one of the most beautiful and important functions of the animal body, upon which life itself depends, and which is constantly replenishing all its springs. Like the circulation of the blood, breathing is essential to the preservation of life. Pure air then, is of the utmost importance; and since the Creator has not stinted the supply, we ought to at all times and places make it our business to secure such an amount as will answer the demands of exuberant health.

### The Amount of Air Required.

The human being consumes an enormous amount of air; yet perhaps nine-tenths are guilty of the "secret fault" of neglecting to take the full amount the Creator intended for us. We would like to impress the urgent need and towering importance of each individual appropriating the largest amount of pure air at all times. As the dyspeptic gradually starves himself to death, so the consumptive for want of air, while we are surrounded with oceans of it. Man is so liable to contract habits, modes of living, and accept surroundings that have a tendency to reduce his breathing capacity, which always means less physical strength, health and happiness.

At every inspiration we consume from fifteen to forty cubic inches of air, according to the capacity of the lungs. Thus we require every hour about two hogsheads of air or not less than from half a million to one million cubic inches every twenty-four hours.

Pure air contains about twenty parts oxygen and eighty of nitrogen. At every inspiration a portion of the oxygen is absorbed into the blood which meets the air in the lungs to be purified. At the same time the lungs give off a waste or poisonous ingredient, carbonic acid gas. Now the expelled air having lost a portion of its oxygen and become tainted with carbonic acid gas, which is a deadly poison, is unfit to be taken into the lungs anew, besides the air of the room we occupy becomes tainted by other means more or less, it being only a question of time.

Suppose two persons occupy a bedroom seven by nine feet and nine feet high. It would contain three hundred and fifty cubic feet or about six hundred thousand cubic inches. The two persons would in the course of eight hours consume nearly or quite the amount of air contained in the room. There would be no injury in this time but for the fact that the carbonic acid gas expelled from

the lungs taints and dilutes the atmosphere of the room and the diminution of oxygen; so that the longer the occupants remain therein the less oxygen, so essential to health, and the more of carbonic acid gas, so injurious to health. This gas is formed in the tissues, absorbed from them by the blood, carried into the lungs and expelled with the breath. It is useless, exhausted and rejected material of the body, and is totally incapable of sustaining life. "It is unfit to be inspired, and when a man is accidentally caught in an atmosphere composed of this gas, as sometimes happens in cleaning beer-vats or in repairing old wells, he at once becomes insensible or dies of suffocation.

The important interests of health demand large, airy and well ventilated rooms at all times.

The more nearly the air of the room is like to that under the open heaven the better.

"A little way beyond the ancient church of Holderness is a brick residence, whose front is half hidden by one of those monster elms, that are the pride of our Northern States, and beneath its shade I saw yesterday an old man who is passing his ninety-fifth year, sitting comfortably in an old arm chair. My wife told me that his aunt had recently



died, aged one hundred and five; and curious to know if there was any special reason for such longevity, I made enquiries. "No," said my informant, "only they were almost always out-of-doors, and lived a quiet life." Yet in that single sentence lay a greater philosophy than he dreamed of, a sounder precept than he knew. The keep *out-of-doors* precept and avoid worry is a maxim, which, if followed, would close a majority of our hospitals."—Sel.

The reader may also have observed that unoccupied rooms of a residence become filled with, as it were, stagnant air, giving off a most undelicious or even very musty odor. How often it occurs that our best friends, in making visits, are escorted to just such rooms. This can speedily be remedied by opening the door or windows; but in case of very cold weather, the windows being frozen fast, it becomes at once a place of great discomfort, and one can hardly help feeling outraged.

Most people are very dainty about the food they eat; and to repartake of food that had been rejected by the stomach or the mouth would be the height of piggishness; and yet when we neglect to ventilate our rooms and compel ourselves to inspire the

same air over and over, are we not doing really worse?

The celebrated Dr. Brown-Sequard, of Paris, asserts that five drops of condensed moisture from the breath, injected under the skin of a dog would kill as quickly as the bullet from a rifle.

An authority says: "The air is liable to great deterioration. An injurious amount of carbonic acid is likely to accumulate by the process of respiration, which converts about one-fourth of the respired oxygen into carbonic acid. The combustion of gas, oil or tallow in producing artificial light, must furnish a large amount of carbonic acid, enough to have a perceptible influence on the purity of the air in the rooms we occupy in the evenings. Large rooms, with high walls and abundant ventilation, are the only protection against injuries from this cause. Several other forms of impurity often occur. Among these are the dust arising from various kinds of manufacture, poison from linseed oil and paints, and especially the excessive accumulations of watery vapor near masses of water where the air is confined by the walls of cellars and buildings, in narrow alleys, or in deep valleys shut out from the action of winds.

But the greatest danger arises from

poisonous miasma often in quantity too small to be detected by chemical tests, but in sufficient quantity to breed disease. One of the principal sources of this poison is decaying animal and vegetable matter. The remains of winter vegetables left in the cellar will generate. Stagnant marshes in which the animal vegetation decays, will become covered with a green scum, and the whole region become offensive; and yet families will maintain a miserable existence in the immediate vicinity with constant recurrence of chills and fever. Another and more poisonous is generated in hospitals and sick rooms. This is a necessary result of sickness, and is thrown off from the surface of the body and from the lungs. In many cases the poison is specific and produces the same diseases as those have from whom it emanates, as measles; but often it has only a generally depressing effect on those who must be in attendance. The health must suffer though active disease may not take place.

The general remedial agencies against these forms of poison must be found in the drainage of standing water, in removing decaying matter from the vicinity of human abodes, in the free use of disinfectants such as charcoal or chlorine, and in sick rooms.

above everything else, abundant ventilation. Perhaps the free use of sunlight in sick rooms will be found of value not only as a disinfectant, but as a remedial agent much more effective than has been supposed."—Justin R. Loomis in *Elements of Physiology*.

This authority points to miasma of districts where there is stagnant water and much vegetable matter undergoes decomposition as for instance the Miami district of Ohio. The writer, having lived there, well remembers the universality of malarial fever and chills. Old settlers have related of the wonderful amount of sickness, suffering, consequent losses in happiness, time, wealth and even death itself in very numerous instances. The prevailing impression was that when a foreigner came to that vicinity, he must "get acclimated" before he could expect to be comparatively free from the annoyance of chills and fever. This at the very best is a very poor consolation. While we are aware that under ordinary methods of living, referring especially to diet and habits, that it is almost impossible to escape the malarial poisons that prevail in such districts. However we are equally well satisfied that, observing the hygiene and remedial processes as taught in this manual there would be perfect immunity from chills and

fever as also from other diseases. It must be distinctly understood by the reader that if such a system of hygiene and habit of body as would have been a perfect shield from disease was known by the medical fraternity, it was in their interest to keep it to themselves. It is the physician's duty to heal the sick; and it is emphatically the duty of every individual to maintain perfect bodily health. That such a system was known to medical men is positively known. Perhaps no one will find fault if we give some experience relative to this matter, of Mr. Samuel Edison, father of T. A. Edison, of electric light fame.

In the year 1837 Samuel Edison purposed to move from Ontario, (then Canada West) to the State of Ohio. He was then about thirty-four years of age and in good health. He was well aware of the danger he would incur by moving into so malarious a country. At that time almost everybody was suffering with ague, chills and fever. In his father's home there had resided for years a physician whose name was——— Gilbert, with whom Mr. Samuel Edison was on very intimate terms.

Before taking leave Mr. Edison asked the doctor whether he knew of anything that would protect him and be a perfect shield

from the distressing fevers. "Oh, yes," replied the doctor and gave him the following prescription: About one-half hour before meals take a draught of hot stimulating drink to cleanse and tone the stomach and intestines; never overload the stomach, and once or twice a week take but two moderate meals per day.

In the new remedial process we have the most powerful, simple and safe stimulant for stomach and intestines known in modern times, and we believe it to be a sure preventative of all kinds of fever

The reader will be anxious to know the result. Mr. S. Edison affirms that during a residence of thirteen years on the Huron River, Ohio, where almost every one was suffering, he never suffered the slightest inconvenience. This habit of living he has observed up to the present time; and now entering his 90th year is a remarkably well preserved man. He ascribes his escape from the dreaded chills and fever wholly to this mode of living. If then such a mode of living did secure such results, how much more the hygiene and remedial processes as herein given. Undoubtedly had Mr. Edison been indifferent to his physical well-being, he would have suffered as did the others of that vicinity. For he says: "The people

of that vicinity shook as though they would shake their boots off." To this day he says people eat too much, while he invariably partakes of but two meals a day and then is very moderate.

### **WATER AS THE SOURCE OF DISEASE.**

Whenever any serious disease invades the home the physician refers to the well or water supply as the possible source of the trouble.

Water is a solvent and owing to this important characteristic it is liable to be contaminated. "The contamination may be only slight, and its effects may be only slowly accumulative, unobservable perhaps for months, and then show themselves in such forms of disease as are at once and obviously traceable to this source. Its work is slow, but the constitution is no less certainly undermined."

"The best water, that is, water containing the least foreign matter, is rain water. But water is never free from some foreign ingredients. Even when it has been subjected to natural distillation, by being taken up into the atmosphere as vapor and condensed into clouds, and finally into rain and snow, it absorbs in its passage through

the air, oxygen, carbonic acid and ammonia.

These additions are not regarded as hurtful. The water of springs and streams in granitic and other silicious geological formations, has nearly equal purity with rain water.

But the water that falls upon the surface of the earth where the formations are either alluvial or calcarious, re-appears in springs highly charged with hurtful ingredients, mostly in the form of lime or magnesia. Waters of this kind are mostly known as "hard." Where hard water abounds, the taste of those who use it so adapts itself that the water is not disagreeable, but is greatly preferred to soft water; yet it is undoubtedly, to some extent, hurtful. It compels the system to take on an abnormal condition, and hence favors either directly the occurrence of some disease as goitre, or it operates conjointly with other causes inducing disease of the digestive organs.

Deleterious ingredients of the more important class are of organic origin. Soils of every kind contain decaying animal and vegetable matters. Most of the springs from which wells are supplied must be fed from rain-water which has passed through such soils. The rocks, sand and earth through which it was filtered, have deprived



the water of much of its impurity; but many wells, especially those of no great depth, contain traces of impurities which the surface soil has imparted."

The above quotation is from Justin R. Loomis, in *Elements of Physiology*.

The more care we bestow upon our bodies, the more determined we are to observe the laws of health; the more earnest consideration will we bestow upon matters relating to health, such as air, water, diet, rest, sleep, exercise and clothing.

Water as a remedial agent, will be considered in a separate chapter.

## GENERAL CAUSE OF DISEASE.

The intestinal canal is the fountain of disease, the source of taint and impurities which through rapid absorption are taken into the vital fluids of the body and thus are introduced into every tissue and organ.

The sewer of the city, constructed at great cost for a wise purpose, not as a repository of the waste and deleterious matter of the city, but a canal through which it can be conveniently and rapidly passed beyond its borders. So the intestinal canal is intended as the main eliminating organ of the body, especially to pass off the refuse of food and to do it so rapidly that it can be no detriment

to the body. This is indeed the case so long as this important part of the human system is in a perfectly normal condition, and as a consequence, we know nothing of aches or pains, or fever, or vital disturbance, and we have strength, life and elasticity of body and mind to be active in labor as God intended we should be.

Weakness of body, suffering and disease are on every hand, and special investigation by competent authorities, have furnished overwhelming evidence, that these troubles originate in the abnormal condition of the bowels. This evidence is being corroborated by daily observation and experience. We propose to now give the facts proving that such is the case.

We eat our food, it passes into the stomach and is subjected to the process of digestion. Here a portion of the nutriment is absorbed. The food now, in a semi-fluid mass known as chyme, passes through the duodenum into the small intestines, the bile and pancreatic juice are added and what is called chylification or intestinal digestion takes place. Here the balance of nutriment is absorbed, and the refuse that should not be appropriated, undergoes defæcation.

Owing to a wave like motion of the intestines or a succession of contractions and

relaxations, occasioning those movements, which, from their resemblance to the writhings of a worm, have been termed vermicular, with contents of the intestines are impelled onward through the entire length of the intestinal canal. Nature ever true speedily expels from the system the fecal matter, so long as her functions are not interfered with.

It is very probable that the rapidity of this movement varies in different individuals—those persons, for example, whose bowels act twice daily have a more rapid vermicular motion than those in whom the act of defæcation occurs only once in twenty four hours.

We have traced the food into the system, noticed its digestion, the absorption of the nutritive matter, and the expulsion of the refuse or feces from the body in a normal state. Here we find no aches, no pain, no fever, no vital disturbance in the entire body, much less the *fountain of disease*, simply because in this instance the digestive organs and the intestines faithfully performed their functions. Were it thus with all individuals, we, as a rule, would know nothing of disease.

However it is not thus that we find it in the vast majority of cases. If we take the

actual condition of men, women and children into consideration, namely the condition of the alimentary canal, we verily soon discover the "fertile soil of disease-bearing germs," yea the very "cesspool of death."

### **The Sluggishness of the Intestinal Canal the Cause of all Disease.**

Constipation or habitual costiveness, whether we are conscious of this condition or not, with the vast majority of people, is the cause of disease. We say conscious of this condition, for the most serious form of constipation may be present and the individual not be aware of it.

The refuse of food which should be expelled in from twenty-four to thirty-six hours, is retained two, four, six days, one, three and six months; yes and even one and two years and how much longer physicians have not been able to determine. This astounding assertion we will prove to the reader with facts that cannot be gainsaid.

The intestinal canal is thirty feet long; the small intestines, twenty-five, and the large intestine or colon, five feet. The capacity of the colon owing to its greater diameter is nearly the same as that of the small intestines.

When from any cause the evacuation

of feces is retarded, there is a gradual filling up, a distension of the colon, fecal matter is retained an abnormal length of time, and this is only the beginning of the evil. The peristaltic action of the bowels causes the onward and downward movement of their contents, and their being no evacuation, the feces becomes impacted and hardened, and the entire intestinal canal finally becomes loaded down. Evacuations occur only on making extraordinary effort, or on using powerful purgative medicines, or per force on the principle of a shoemaker's punch where a piece of leather enters one end to move a corresponding piece at the other. This, very true, is an extreme case, and yet very few individuals but what have passed excrementitious matter so hard that they might have handled it like a piece of hard earth.

The distension of the colon in some individuals has been to such an extent that it measured fifteen inches in circumference. The enormity will be apparent when we consider that a six-inch stovepipe measures twenty inches.

The sluggishness and impaction of the colon tends to retain the feces and fill up the small intestines. Now imagine the discomfort of a person loaded down with from

eighteen to twenty-five feet, or even more, of excrementitious matter!

In the intestinal canal we have the conditions requisite for fermentation, decay and putrefaction, namely: air, heat and moisture. Everybody has had the evidence that the refuse of food retained in the bowels an abnormal length of time decays or putrifies.

Usually with the babe we find the feces sweet; and very frequently the mother, even in the dining room, in the presence of the members of the family, has changed the child without causing any offence. Would, however, any one think of exposing the feces of an adult in an open vessel in any apartment of the house? No one but an insane person. Would it not be more comfortable in a pig sty? Why this extraordinary difference? Medical writers tell us that the feces of a babe are yellow, but of an adult they are darker of even dark green. Observation corroborates this assertion, but why this difference and the one sweet and the other so extraordinarily fetid? Because the feces have been retained so long, rotting and putrifying. Observation has further shown that where the bowels are promptly evacuated they are almost as yellow as with a babe and nearly as sweet. The writer can vouch for the truth of this assertion, and

only then are the stools colored when part of the diet comprises black cherrie, whortleberries, blackberries, etc. The writer emphatically asserts that when the bowels are properly attended to, according to the new Remedial Process, the fecal matter is nearly as yellow and nearly or quite as sweet as with a babe, as every one adopting this treatment can prove to his own satisfaction in about ten days of thorough trial.

This goes to show that were our bowels in a perfectly normal condition, the sewer of the body would be comparatively sweet. However, in a large majority of cases they may be likened unto the sewer of the city that has become clogged, emitting from every aperture the poisonous gases, spreading disease and death, so that, in the language of a physician it has been called a "cesspool of death." Are there not thousands and tens of thousands of individuals in this very condition for months and years? Yes, and the half has not been told! It goes from bad to worse at a rapid rate, and still the people keep wondering why they have rheumatics, and stomach troubles, and sick headache, and foul breath, and furred tongue, and enlarged tonsils, and sore throat, and diphtheria, and fevers of all kinds, and skin diseases, and epilepsy, and paral-

ysis, and sexual weakness, and kidney troubles, and liver troubles, and consumption, and muddy complexion. Is there anything to be wondered at? Yes, most of all, that we do yet live. Dr. Turner, in post mortems, looking upon the reservoir in the abdominal cavity, has asked himself "how is it possible for a person to live a single day?"

There are many persons living in palatial residences, wearing fine clothes and who visit the bath regularly, maintaining the most scrupulous outward cleanliness who have utterly ignored the matter of internal cleanliness for years and years. If a person were to deposit, in the middle of the street, just such filth as they are carrying about in their bodies, they would have the miscreant arrested at once; but if one were so devilish as to deposit such filth on the door sill of their residence, in their wrath they would have him hung up by the neck. How true it is that "ignorance is bliss." To reflect that one is carrying about in his own body one or two pails full, more or less, of this most horrid filth is truly enough to make one disgusted with oneself.

A minister, visiting with me, and conversing on this subject remarked "I have often thought it must look just horrid down there." Another said of himself, that on



the occasion of an attack of malarial fever, he resorted to this Remedial Process to effect a thorough cleansing; the amount of horrid filth that came from his body was incredible and believed it would have killed him had he not been relieved.

It is indeed a sad and humiliating fact that man, in civilized countries, as far as the sweetness of his bowels is concerned, has sunk lower than the brute, the hog not excepted. The cause of this abnormal condition will be answered on another page.

It is very important to remember that the inner surface of the colon is not smooth as is that of the small intestines, but has numerous folds, depressions, or what physiologists call -loculi, throughout its entire length: besides its peculiar curvatures and position in the human body are probable factors that are likely to oppose the speedy expulsion of feces from the body under certain conditions. When the feces leave the small intestines they are of the consistence of paste, and when allowed to lodge for some hours on these folds, they sink into these depressions or loculi, cause an irritation and the feces are liable to adhere and harden. Fresh, pasty feces forcing onward that which is still soft is in turn attracted by the hardened feces and thus the nucleus of a

fecal tube is formed which in some instances lines the colon in different parts and in other instances the entire colon. This process may require years of time and often develops until the internal passage is no larger than a man's finger, and no evacuation takes place without resorting to powerful purgatives. With time this fecal tube solidifies until as hard as wood or even slate, so that the point of a knife will not penetrate it. This with the addition of chronic inflammation, ulceration, tubercular ulceration, complete paralysis of the colon is an extreme case, we admit, but the intelligent reader will readily see that it will require comparatively little chronic inflammation and incrustated hardened feces to render the colon dead and insensible and require much artificial stimulation to expel the feces.

On this subject the Chicago Medical Society says : "It is undoubtedly a fact that the loculi of the colon contain small fecal accumulations extending over weeks, months and years. Their presence produces symptoms varying all the way from a little catarrhal irritation up to the most diverse, and in some instances, serious reflex disturbances. When the loculi only are filled, the main channel of the colon is undisturbed. Occasionally a locus will become greatly

enlarged and filled with feces, reaching even to the size of a foetal head, being mistaken for an ovarian tumor or a malignant growth of some abdominal organ. The most common part of the colon to become enlarged is the sigmoid flexure and the cæcum. Accumulations can occur in any part of the colon. The ascending colon is much more often filled in life than the books would lead us to believe; indeed, it may be said that chronic accumulations are more often to be found in the ascending than the descending colon, which is also contrary to the assertions of the authors. When the accumulations are large the increased weight tends to displace it; then the transverse colon may descend even into the pelvis. The colon may be filled in an adult so as to present a circumference of fifteen inches. These accumulations vary in density—they may be so hard as to resist the knife and thus be mistaken for gall stones.

The mass may be so enormous as to press upon any organ located in the abdomen, interfering with its functions; thus we may have pressure on the liver that arrests the flow of bile; or upon the urinary organs, crippling their functions. Reported cases of accumulations almost surpass human credulity. Enough has been gathered from

the colon and the rectum to fill a common sized pail. Of course such enormous amounts occur only exceptionally; it is not to these that attention is particularly drawn in this paper, because where they are so excessive, any physician can detect them by palpation. It is to the minor accumulations particularly that we see in a majority of the patients who visit our office. Such patients assure us that their bowels move daily, but the *color of their complexion, the condition of their tongue, and above all, the color of the feces*, are enough to assure us that they are the victims of costiveness.

Daily movements are no sort of a sign that the colon is not impacted; in fact, the worse cases of costiveness that we ever see are those in which daily movements of the bowels occur. The diagnosis of the fecal accumulations is facilitated by inquiring as to the color of the daily discharges. A black or very dark green color almost always indicates that the feces are ancient. Prompt discharge of food refuse is indicated by more or less yellow color. It would be interesting to inquire why fresh feces are yellow and ancient feces are dark."

It is almost incredible that persons can be in this most horrid condition and yet not have the slightest suspicion, principally on

account of frequent evacuations of the bowels, or rather daily passages.

With many persons the feces pass in the form of pellets. A lady remarked : " I thought it was the relic of each mouthful of food."

When once the colon becomes lined with incrustrated feces, the feces pass through "by force of pressure from above like a shoemaker's punch." That which should have passed to-day is retained for a week or more and is expelled by a corresponding piece entering.

Dr. Turner, in Supplement to Farm, Field and Stockman relates how these pellets are formed. "This moulding is on this wise. At the terminus of the small intestines, the last six inches terminates in a pouch, at the terminus of which, where it enters the colon it is called the illeo-cæcal valve, which when the pouch is full, opens and discharges its contents into the colon, when it closes thereby forbidding any return contents of the colon. Now if there is any obstruction to the free discharge from this pouch, the valve closes for fear of return contents. Now suppose the colon is full at this point, or nearly so, the moment the substances touch the obstruction the valve closes, biting off a piece the size of a ball spoken of; then the pouch demands anew to

be emptied and forces open again the valve until it again strikes the obstruction, when the valve again closes. So it goes on spasmodically moulding the contents of the pouch into small, round balls, and in a few weeks these balls pass off which should have passed out of the body in three hours, forcing their way through the small opening in the colon, for nature is bound to keep an opening or all would die."

### THE EFFECTS OF THE PUTRID CONTENTS OF THE INTESTINAL CANAL ON THE BODY.

Can a bitter fountain send forth sweet water? Do we expect that this horrid mass of putridity, yea, this "cesspool of death," can give anything else than langour, weakness, pain, sickness or premature age and early death? We have had our minds so long on the horrid contents of the intestinal canal that we do loathe ourselves; but the *half has not yet been told.*

The intestinal canal is, in part, a portion of the digestive system. The semi-fluid mass known as chyme passes from the stomach into the intestines, becomes mixed with the bile, pancreatic juice and intestinal juice forming chyle. This chyle is rapidly

absorbed by organs in the intestinal canal for this special purpose. There exist no less than two or three different kinds of absorbing organs, and are found more or less throughout the entire alimentary canal, but most numerous toward the duodenum. The absorbing capacity of these organs is very great and the action very rapid.

Now it is evident that so long as sweet, wholesome substances are within the reach of these absorbents, the system will be nourished, built up and strengthened; there will be no vital disturbance and all will be in harmony throughout the system. However these absorbents are something like babes on the floor, ready to pick up anything, good, bad, or indifferent, whatever comes within their reach. If the contents of the intestinal canal, long retained, ferment, decay, or putrify, these absorbents are ready to pick up this decomposing and poisonous substance and convey it into the blood, creating sooner or later vital disturbance, weakness and impairment of the functions of the organs of the body in proportion to the amount and deleteriousness of the matter absorbed.

We have explained in what manner the intestinal canal may become clogged and the downward movement of its contents rendered difficult or nearly impossible, and

it is only a question of time for changes to be effected in the contents which will make their presence hurtful or extremely dangerous. One of the very first consequences may be the loss of appetite, nausea, headache, fever and furred tongue.

A taint having been absorbed into the blood it is liable to make its appearance in the secretions of the body, as for instance in the saliva, the gastric juice, bile, etc. A healthy digestion demands that these juices or secretions be pure and free from taint as pure blood can give them; but if the blood be tainted, as it always is when the bowels are in such abnormal condition, we will find the secretions as a tainted blood will give them, and, as a consequence, impairment of digestion in proportion.

Very true, nature is at work to throw off this foreign matter and impurity by means of its excellent and eliminating organs, the lungs, the skin, the kidneys and the liver.

If the bowels are speedily relieved and the putrid matter kept out of reach of the absorbents, nature will soon "catch up," and harmony be restored. However, for certain reasons constipation is, in the vast majority of cases, so stubborn as not to be overcome readily, and the evil already alluded to, continues from week to week, month to month



and from year to year, with little variation, excepting from bad to worse, and thus the impurity is so rapidly and so constantly introduced into the system, that nature overworked can not keep up at all even with all her eliminating machinery. Not only the absorption of deleterious matter and disease-bearing germs, but also by the enormous fecal accumulations, generally very hard, the bowels are literally loaded down, causing a serious mechanical obstruction to the circulation of the vital fluid. The reader will note well these two facts: the absorbents convey from the bowels into the blood the filth and disease-breeding poison, and the overloaded intestines become such a mechanical obstruction to the circulation of this tainted fluid, and there is a partial stagnation and the elimination of the poison from the system is seriously retarded and must result in bowel troubles, skin diseases, dropsy, ulcerations, etc. Nature has no fair play and she looks for and urgently demands assistance. All the much vaunted "pathies" have offered assistance which, we only know too well, has not been sufficient, affording only temporary relief. Indeed it is not conceded there is no medicine known in the world that will remove this condition of the bowels. Nature, despite her earnest appeals for help must

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struggle on as best she can until overpowered and forced to give up.

It reminds us of a noble, true and gritty boy, who being attacked by a burly, soulless chap, bravely defends himself as long as he possibly can, when the fellow takes advantage of increasing weakness, soon gains the mastery, at least to such an extent, that the boy yet struggling, yet protesting, seeing no chance in the unequal contest, piteously cries for help. Can we standing by, any longer look on the unequal struggle and wanton cruelty?

Is there no help for the brave boy or must he thus die before his time?

No! No!! a thousand noes!

In this extremity a stalwart man, with determined expression rushes to the scene, grabs the burly creature by the nap of the neck and hurls him heels overhead. The brave but weakened boy rises at once, goes on his way to recover himself again and more.

Thus, indulgent reader, has nature, like the brave, true, noble boy, suffering and imposed upon, been crying for help.

Thank God! help is at hand. The new Remedial Process grasps the burly fellow, (constipation) breaks his back and for all time to come we need no longer fear him.

He is just as powerless as beheaded Goliath at the feet of the stripling David, when we are armed with the Hygienic Miracle.

We trust by this time the reader is fully convinced that the fountain of disease is the colon filled with rotten and putrifying feces. If an injection of laudnaum into the rectum is absorbed so rapidly that it can be detected in the kidneys and bladder in five minutes, and in the saliva in fifteen minutes, then no surprise if blood poisoning impurities and disease-bearing germs are so constantly and rapidly absorbed into the system that the persons are few and far between that enjoy *normal or exuberant health and feel like the squirrel in the tree top.*

We are aware that nature will bear a great amount of abuse and that many a person is still able to go to his daily work, although probably not more than one-half himself owing to the awful condition of his bowels, of which he may be only partially conscious. Any degree of rottenness or putridity of the feces is liable to taint the blood and affect the system unfavorably in the same proportion. Aside from this unnatural taint absorbed from the bowels, the eliminating organs have other work, namely the throwing off the waste and used up tissue of the body. If, as physiologists

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teach us, that the body undergoes change constantly, to such an extent that the body is renewed every seven years, and all useless and wornout particles are thrown off by means of the eliminating organs, why impose upon them the additional labor of throwing off the deleterious substance absorbed from the bowels, that never should be allowed in the system; no, not even in the sewer of the human body.

Do you not admit that it must be wicked (with those who are informed) to put this additional burden on the system?

Rest assured "your sin will find you out" and the penalty will be exacted in the shape of weakness, pain, disease, premature age and death.

Since pure blood is an absolute necessity for normal development and exuberant good health, and that nature will purify and keep the blood pure if we simple keep the impurities out of reach of the absorbents, and since this can be and is accomplished by a very little labor and self denial and at an insignificant cost of from three to ten cents per annum for the whole family, how can any sane person longer be content to live on any plane below that of *unbounded good health and feel like a circus boy?*

We will now introduce to you the reme-

dial process of flushing the colon which either conquers or annihilates disease; and when you see how simple, cheap and reasonable it is, we trust you will promptly give it a thorough trial and realize its bowel sweetening, digestion promoting, lifegiving and health renewing effects and enjoy good health and long life as God intended we should.

### FLUSHING OF THE COLON.

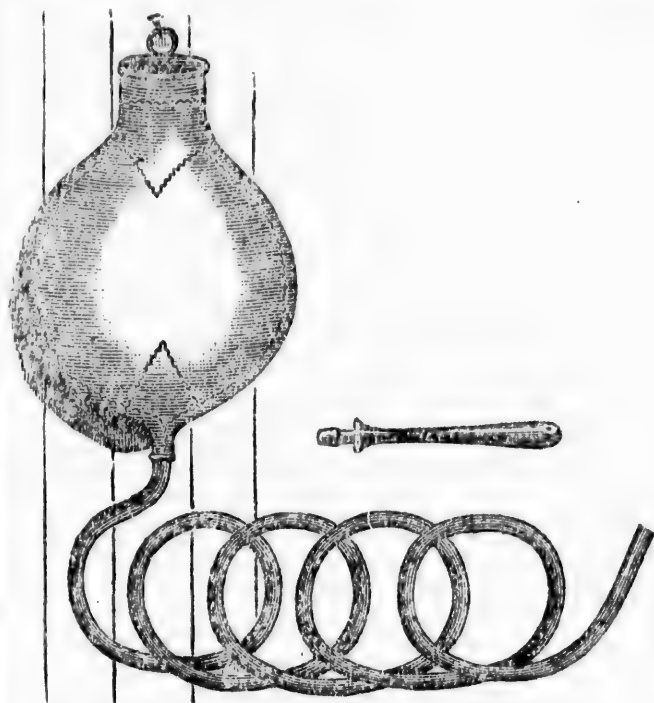
This is nothing more or less than the introduction of a sufficient quantity of hot water (hot as the hand can bear for one minute without scalding) through the anus into the colon to thoroughly cleanse this organ from all rotten and putrid feces.

This is best accomplished by means of a fountain syringe. (See illustration.)

An ordinary bulb syringe will do, but it is entirely too laborious. With the fountain syringe there is so little labor that it is a mere passing of time to take the treatment.

The fountain syringe consists of a tin or galvanized iron pail or a rubber sack or pouch that will contain about four quarts of water, with a rubber tube about (we prefer seven feet) seven feet long with a terminal tube as in an ordinary family syringe.

If desired we can furnish any form of syringe at *lowest prices*.



When ready for the operation proceed as follows: We recommend the evening or time of retiring as the most suitable time, although it can be done at any time, still we would not advise to do so immediately after a meal.

Put two quarts of hot water (not scalding hot) into the pail or pouch, and hang it on the wall about seven feet high, a ten-penny

wire nail is very suitable, which is driven into the wall convenient to the bed or couch.

The pail is provided with a hole near the top on the side opposite the rubber hose, and the pouch with a suitable ring. Now lie on your back or left side, introduce the terminal tube into the rectum and pass as much of the water into the colon as you possibly can; if all, so much the better; if not it is at least a beginning. Some persons are so filled up with hardened feces that they cannot receive more than one pint, while we know of one man who have taken three quarts the first time. In twenty-four or forty-eight hours if not so urgent, put three quarts into the fountain syringe and pass all or nearly all into the colon as before.

Always retain the water from five to ten minutes; the longer the better; then go to stool.

In twenty-four or forty-eight hours put from three to four quarts hot water into the syringe and proceed as before.

Hereafter take from three and a half to four quarts and retain from five to ten minutes or longer. Of course for children a less quantity is used according to age. We have known a child of eleven years to use as much as three quarts, but generally less.

In ten days thorough trial the feces will

be fresh, yellow, and sweet almost as with a babe.

In serious cases the flushing can be attended to daily for a week and thereafter for a month every second day, and from this on from twice to three times a week.

In case of chills or fever or cholera morbus the flushing can be resorted to two, three or four times in the course of the first twenty-four hours. If sufficient relief is experienced in one or two flushings in the course of six to twelve hours, you may defer flushing till next day.

Four quarts of hot water will "knock a chill endways" (excuse this expression) in about eight or ten minutes, and we have seen fever that was burning the patient, subdued in ninety minutes.

Thus the bowels are kept sweet year out and year in and the absorption of disease-bearing germs and poisonous matter into the vital fluids of the body, wholly prevented. For the stimulation of the colon, the intestines and the liver nothing in the world is known to equal it; and for the stimulation of the stomach it is second only to the flushing of the stomach as explained in the chapter on Stomach Fushing.

Some may ask; "But will this hot water and such a quantity of it not do great harm



in the body?" Just think, dear reader, the people have been carrying about in their bodies or colon for years and years from one-half to a pailful more or less of the most horrid filth and now they wonder if they should substitute pure warm water whether it might not injure them!

Suppose you should wash your face and hands and your entire body in the dirty waters of the Miami in Ohio for ten years, do you think it might possibly injure them to go to Lake Huron and bathe in its sweet and refreshing waters? Did you ever know pure warm or hot water to injure a filthy jug?

The bowels have been bathed and anointed with filthy rotten feces for many years, think you to substitute pure hot water can possibly be an injury?

We are here reminded of the passage "straining at a knat and swallowing camels."

Another asks: "Is one compelled to continue this flushing indefinitely?"

There will certainly not be no more need of continuing it than there was for commencing it. The habits of eating and drinking that are largely to blame for the abnormal condition of our bowels, if continued, will certainly make continuation of the flushing necessary. If our habits improve, in the

same proportion our bowels will improve and render the flushing more or less unnecessary.

However, dear reader, rest assured, when you once have formed the habit of flushing, you will appreciate sweet bowels as much as you do a sweet, clean face, and as little as you would think of dropping the habit of washing hands or face so little you would think of quitting the flush.

A gentleman remarks: "The thought of retiring for the night with the consciousness of having his bowels sweet, brings greater peace of mind than a sweet face."

Any degree of fetidness in the reservoir of the body should be even more irritating to the mind with intelligent persons, than stained hands or shabby dress in company.

Rest assured no man can bear about in his body the least appreciable degree of taint without being just so much at a disadvantage.

If the Lord of creation thinks so much of the human body as to designate it His temple and demand it for His abode how can we be indifferent or be undecided for a moment with reference to the important matter of internal cleanness?

Should, however, any of the readers object to the last statement and reply: "We

do not believe this inspired declaration." Even then, is not health, freedom from pain, ache, weakness, disease and impurity sufficient to encourage us to maintain this reasonable habit of cleanness?

"If God thinks so much of our bodies as to demand them for his abode, why did He not as our Creator make us so perfect as to be forever free from filth and disease?" Thank you, my friend, your question leads me to write an interesting and very important chapter.

### WHAT IS THE CAUSE OF THE ABNORMAL CONDITION OF OUR BOWELS.

"From the beginning it was not so," and even the barbarous tribes of the world are not troubled at the present time as we are. With all our boasted intelligence and advancement in knowledge we are forming and clinging to habits especially in eating and drinking, which are mainly the cause of the inaction of the bowels.

The food supply God gave us is just what our bodies demand, but we make a serious mistake in our method of preparing it.

Wheat is almost perfect food, containing

so many of the elements, and in the required proportion to meet the demands of nature. However we are always ready to improve the Creator's work. Instead of using the wheat cracked more or less fine, we grind it into a fine powder, sift and sift it, *separating a part and some elements, at least in so large a proportion, that its absence in our superfine flour is seriously detrimental to our physical being.*

Superfine flour has no tendency to maintain or promote easy and regular evacuations of the bowels; it forms little refuse and this is liable to dry and harden, and is not soft and genially stimulating; on the contrary it yields a refuse which fails to excite the mucus secretion of the intestines and arouse its muscles to action. When we use boiled cracked wheat daily the bowels experience ease and there is no dryness or hardness and evacuations take place without trouble or discomfort.

Nothing can be more highly commended than coarsely cracked boiled wheat, graham bread, mush; and all articles of diet made from unbolted wheat flour are valuable auxiliaries.

Bran contains five times more carbonate of lime than fine flour. Its blandness, soothing and stimulating action on the intestines, proves that it is well adapted to overcome

costiveness. Every farmer and stock grower knows the tendency of bran to keep the bowels loose, and to oppose a fevered condition, and that it is resorted to in almost every instance of illness with nearly all kinds of stock. "Bran mash" is invariably the prescription for domestic animals, but "physic" for human beings. Does not common sense say the animals get the best treatment?

The *habitual use of tea and coffee* tends to bring on or aggravate constipation. In writing this manual we have no intention of insisting that the readers should abstain absolutely and forever from the use of tea and coffee as a beverage, still we are perfectly satisfied that their effects on the system are such that to abandon them would be clear gain in physical health. To those who are in bondage of the tea or coffee habit it will be just as useless to write and demand abstinence, as it would be to write to the slaves of tobacco and whiskey. It is in accordance with reasoning from cause to effect to conclude that sluggishness of the bowels is in some measure attributable to their astringent principle. One of the main principles of tea and coffee is tannin. It is generally known that tannin obtained from various bark is used to convert raw hides into leather.

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into leather and is known as a powerful astringent. Can it be for a moment supposed that we can pour into our stomach twice or three times daily a powerful astringent and not be subject to its binding tendencies?

Besides this, high medical authority declares that tea and coffee retard the metamorphoses of waste tissue in the body, the effect of which is to weaken the body.

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The writer as a boy discarded tea and coffee. Hot water with or without milk and sugar, cold water, or milk is the best beverage for us.

A sedentary habit as we find with tailors, shoemakers, seamstresses, or ease loving people, has a tendency to lessen the action of the bowels.

Pregnancy is a very common cause of constipation and sometimes a tumor when so located as to be a mechanical obstruction.

To one and all we say you need never take another pill or cathartic in this world.

Whether you are a hearty or light eater you need never worry over irregularity or sluggishness of the bowels, for the flush will most speedily and surely relieve you.

If you are at home you can use the galvanized iron fountain syringe, and if travelling use one of rubber. It is conven-

ient to carry for you can roll it up like a night cap and tuck it in small space.

Undoubtedly with care respecting diet and habits our bowels will improve their action so that sooner or later we will be able to dispense with the flush, at least partially so.

Certain articles of food are extremely binding as cheese and may compel us to use the flush; still it is not expensive or hurtful as drugs. Those who have used the flush for a year or more will never abandon it for pills or cathartics.

### WHY THIS DISCOVERY WAS NOT MADE BEFORE.

Dr. Turner in F. F. and Stockman Sup., answers: "There are two main reasons. The first is: In holding post mortems this organ, (colon) was avoided, cut off if in the way, and thrown in the slop bucket. In the dissecting room the student, taking it for granted that the colon was like the rest of the intestinal canal, cut it off and threw it away on account of its scent-bag propensity and nastiness. As a result the profession knows the least about this important organ of any in the human body.

The other reason is of a regular nature and is full of selfish bigotry and motive

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for a knowledge as given above would revolutionize the whole so-called science of medicine, and stop to a great extent medication by way of the stomach, and any digression from our regularly established teachings is quackery, and always has been, since Hippocrates first promulgated a system of medicine."

## FOOD AND ITS RELATION TO HEALTH.

On this subject we find a difference of opinion. One writer maintains we should subsist on vegetable food; another sees reasons for an exclusively meat diet, while a third unites these extremes and advises a mixed diet. The latter view is the most reasonable and is endorsed by the most extensive experience as well as common sense. To settle this matter let us appeal to man's organization. "All the works of creation show design. Everything He has made has a use, and is so contrived as to be adapted to that use." The wild animals, as lions, tigers and other animals, that subsist entirely on flesh have a short alimentary canal about three times the length of the body. Herbivorous animals—a sheep for instance—have very long second stomachs; while the



duodenum of man is of medium length. Taking this into consideration, with the fact of the peculiar formation of his teeth, and his erect position is strong proof that man was destined to adapt himself to any clime, and to partake of any kind of food, animal or vegetable as providence might supply. There are facts in abundance to show that man can live on an exclusively vegetable diet, that he can thrive on a meat diet, and again that the mixed diet seems to meet all requirements.

Strong men have lived for years without eating meat and at the same time experience a remarkable physical development. While the same persons could exist on a diet of bread and meat and enjoy good health.

Laboring men and hunters in cold climates will subsist almost wholly on flesh, fish or fowl and devour enormous quantities. Simply to think how the Esquimaux will dispose of sea-horse flesh, skin of the whale and grease is almost enough to make one bilious. It is said that the meal of an Esquimaux lasted twenty-four hours, in which time he consumed four pounds of raw and four pounds of broiled sea-horse flesh, one and a half pints of gravy, one and three quarters pounds of bread, besides one quart of liquor and nine pints of water.

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It is even reported that a single person has consumed forty pounds of meat in a day, however we did not happen to see this performance. It is asserted the Esquimaux are never known to have died of consumption.

Suppose then we give an Esquimaux prescription for consumption:

R. Seven pounds of broiled sea-horse flesh; seven pounds of raw Greenland whale skin; seven pounds of whale meat. To be taken daily in three doses as long as necessary !!

It has often happened even among the highly civilized Americans, that the prescribed medicine was worse than the disease; so for once, the Esquimaux is not very far behind. Furthermore, the northerner's prescription, we are assured, cures or prevents consumption, rather more than we dare assert for the medical prescriptions in our country.

In China, Hindostan, Africa and other tropical countries, the natives subsist chiefly on vegetables and fruits—rice pre-eminently, with a very small amount of meat.

The negroes of the southern states live chiefly on pork, corn meal, potatoes, rice and hominy.

Gum acacia forms the principal article of

diet of some of the natives of Asia and Africa.

In the north of Great Britain, oatmeal is a staple article of food, while the Irish enjoy their potatoes, cabbage and buttermilk. The English, like the Americans, eat anything and almost everything.

These facts, as well as experience, teach that man is omnivorous. As a rule we eat what we have been taught to eat, and we can always best eat to satiety when we have a mixed diet. As a rule we are always safe in being guided by a natural appetite, both as to quantity and quality of food. It is doubtful whether ever disease arises from food taken that a natural appetite demanded. How often, even in diseased conditions, the appetite was correct in its demands, though diametrically opposed to the physician's directions.

We will inquire

## WHEN IS FOOD HURTFUL ?

### 1. When Taken in Excess of Demands

of a normal appetite. When the appetite is normal it will generally dictate correctly as to kind and quantity, and if supplied regularly there is little danger of overheating.

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It does occasionally happen that one is compelled to board where individual tastes are entirely ignored, and we are unceremoniously asked to partake of such food as may be suitable and relished by the master or host, but utterly repulsive to the servant or guest. We have seen people revel on fat pork which was almost enough to give us the chills. The consequence is no meat is eaten and, if there is a prolonged abstinence, there is a liability to engorge or over-eat when such meat as suits the appetite is presented. Nowhere is this more prevalent than in some country districts, where many families depend almost entirely on the pork supplies prepared in the winter and expected to last through the spring and hot months. Did this refer only to shoulder and ham it would not even be so serious; but when salt pork and fat bacon, or other excessively fat portions, are served to delicate ladies, children and even to men, a person feels almost outraged to be expected to eat it. Fat is no nourishment for either brain or muscle, but is a heat producer and for this there certainly is no call during the hot season. Will the reader kindly reflect a little that there are individuals to whom fat is almost poison, very frequently the fat of hams being too much for their stomachs. Persons with

whom digestion is so powerful as to never give them the least thought or uneasiness have very often too little sympathy with those who are not so highly favored. And even for those powerful stomachs, would it not be decidedly more in the line of wisdom and health to substitute meat more easily digested? Man is slow to learn until brought to it by painful experience. During the hot weather serve as much lean meat as possible. Chicken fills the bill nicely, or veal not less than four weeks old when dressed. Veal steak to many, invalids or healthy, is a veritable delicacy. "No place like home" where the individual tastes are regarded.

One more fact in this connection we think is of some importance. However simple the meal or dish endeavor to arrange that it will be eaten with as much relish as an expensive dish. For instance some people may smack their lips over simple bread and butter, while another would prefer bread, and cold sweet milk, without butter while a third has no taste for either butter or milk, but would enjoy cold meat or stewed apples or some other fruit. The point is this: to have the dishes so arranged and prepared that a simple and inexpensive meal is relished as much as *Thanksgiving Dinner*.

In some families how much fuss is often made over "my piece of pie." Good bread is always better than poor pie, and is seldom excelled by even good pie.

It is, at the least, poor management to load down the tables with relishes and delicacies, as for instance at Christmas, and then deprive oneself for weeks and months or until visitors come and there must be a "Show off." We were acquainted with a very estimable lady who exercised such good judgment in this respect that in fourteen years her fond husband could not raise an exception to a single meal, however simple and inexpensive it happened to be. Under such circumstances the normal appetite is always appeased and there is no danger of gluttony when the table is laden with the choicest.

## 2. When Taken According to the Demands of an Abnormal Appetite.

Wherever we find disease in the body we are liable to find abnormal conditions of the stomach. What more common than for many to rise in the morning, repair to breakfast, and find themselves wholly without appetite; then again at times the opposite extreme. Persons who suffer from biliousness are subject to a ravenous appetite at

times. The stomach then in its abnormal condition is asked to perform labor which it could hardly perform in health. If man is asked to labor beyond his strength, he soon learns what that means. Now, what the latter means for the body, the former means for the stomach. The consequence very likely is a fit of indigestion or a new bilious attack.

### 3. When Food is Eaten Too Hastily.

Some people make it their business at the table to eat as rapidly as possible—tickle the palate and swallow,—forgetting what their teeth are intended for. Who has studied the art of preserving the health and its laws more than Dr. W. W. Hall? He says: "Eat slow and live long." It is impossible to eat fast and chew the food fine. If a lump of ice is dropped into a pail of water, the water surrounding melts it very slowly; but if the ice is broken very fine, it melts very rapidly. So with food taken into the stomach, if chewed very fine and well mixed with the saliva secreted in the mouth for an important purpose, it will digest much more rapidly than if swallowed without chewing. Probably the greatest "chewers" in the world are in America, and yet perhaps nowhere is the food less chewed.

It is related of Gladstone, the greatest statesman of the present time, to overcome the bad habit of swallowing unchewed food, he determined to chew every mouthful thirty-two times. Thus he formed a habit that undoubtedly has added many years to his life with health, happiness, enlarged and prolonged usefulness. Some readers may sneer at this, so much attention to a matter so trifling, "So Trifling!" That's it exactly. To a careless person each and every law relating to health is a mere "trifle." So he goes on thoughtlessly violating, violating, violating, the laws of nature, the laws of health, the laws of God.

When the penalty of violated law overtakes him, that is, when he gets sick, he looks to us for sympathy, and when he dies he expects to go to heaven. Is there not a great awakening of the people needed on this very point? Is there only one way of committing suicide! When is a man least guilty—when he destroys his life in two minutes or in two years? In this connection we are involuntarily reminded of the prayer offered by Christ on the cross, "Father, forgive them for they know not what they do."

By all means let there be pleasant and even amusing conversation with young and old during meals. It will aid digestion and



check rapid eating. Of course talking is not chewing, but it gives others lots of time to do their grinding.

A minister and his better half were dining with company when they were the principal entertainers, the lady especially doing the biggest share of talk, and as a consequence was far behind when the others had finished their meal. On this her husband kindly remarked: "Every time a sheep bleats it looses a mouthful." Though true, yet, undoubtedly owing to her great pleasantness, she never suffered from indigestion.

While writing this manual we had occasion to call on the most prominent physician of Perth County, Ont., who was then suffering seriously from impairment of the digestive organs, and acknowledged to us that these troubles arise in great measure from gulping our food. When a man violates a well known law and is punished, how much sympathy does he deserve? But how much we do sympathize with the sick while they are simply suffering the penalty of violated laws of nature. When once the sick and criminals as a rule are put on the same level, then we will be ashamed of sickness and observe the laws of health. This does sound very harsh we admit; but let us ask when is a man the bigger fool, when

he sins against his own body, by violating the laws of health and suffers the penalty in weakness, pain and prostrating disease, loss of time, drug bills, etc. ; or when he violates the laws of the land and suffers imprisonment hard labor, etc. ? We predict just as soon as common-sense opinion prevails on this subject throughout society there will be comparatively little disease outside of an insane asylum.

#### **4. When Too Little Time is Given the Digestive Organs to do Their Important Work.**

A dog shows good sense by lying down to rest after a good dinner. A certain Canadian school teacher was very ambitious, that was no detriment; but when in his great zeal for knowledge he held a book in one hand and his lunch in the other, in the noon hour, he soon brought upon himself such mental weakness and other physical disturbance that compelled him to consult a physician. How much loss and disappointment he might have saved himself, but for his erroneous opinion that "*he must utilize every moment of time.*"

How many people who even try to live blameless before God run into this extreme "better wear out than rust out." No matter

how powerful digestion may be, the above course will sooner or later bring weakness, vital disturbance or even disease.

The mental strain owing to business embarrassments, threatening illness in the family, or death, suspends digestion in the same proportion. At such times food is almost like poison itself.

We are not going to find fault with the prevailing custom of taking three meals a day, only that the intervals be about six hours apart.

Then during meal time and immediately after lay all study, business or fretting aside. He that will be immoderately laborious and especially at meal time will shorten life and bring misery upon himself.

Then give the stomach time to work.

A certain unmarried minister is reported to have suffered distress after eating, even of plain food; but when dining with company and partaking of more indigestible food felt no disquiet. The reason is simply this: while alone during his meal, "his brain was still turning over its theological grist," and the blood that should have flowed to the stomach and stimulated the flow of gastric juice was forced to the brain.

Others on reading this will recall how that at a pleasant dinner party digestion was

so perfect that even the unusual heavy meal caused no disquiet. Surroundings will help us to determine what we may or may not eat. Then with every meal drink largely from the cup of pleasantness and good cheer to aid digestion. "A merry heart doeth good like a medicine" is an assertion made by the wisest man.

Who has not heard of Dr. Beaumont and his patient who actually had a "window in his stomach?"

The doctor took advantage of this circumstance to study the effect of the condition of the mind on the stomach during digestion. It certainly was cruel on the part of the doctor, after St. Martin (the patient's name) had eaten a hearty meal, to talk harshly and distress him over some imaginary thing. Hard as it was for poor St. Martin, it proved that mental excitement or distress always retards digestion.

If the reader would study this subject let him observe how that "good news" will wonderfully aid the stomach.

### **3. Food is Hurtful When Repulsive to the Taste.**

No one should be compelled to eat what they "can't stomach." Of course, with reference to children, prudent parents will dis-

tinguish between a childish whim and a real natural distaste.

When food is relished the secretion of saliva and gastric juice is promoted and aids digestion in proportion.

## **6. Food May be an Injury When There is Great Fatigue.**

An eminent physician says: "A hearty meal, taken when excessively fatigued, has often destroyed life."

When tired the writer has refreshed himself in two ways:

1. By engaging in respiratory exercise—taking large quantities of air. Five or ten minutes will-bring great refreshment.

2. By bathing ten or fifteen minutes in the waters of Lake Huron in the summer season. At the close of day it would so refresh that we felt like going anew to work.

We recently met a gentleman who is physically powerful, but was engaged in excessively heavy labor for ten hours a day, who told me that he has returned all "beaten out," and that by using the flush treatment he felt himself so restored as though he had not labored during the day at all.

It might be in place here to make a few remarks on the effect of the flushing process on the appetite.

As a rule to the weak and emaciated it brings a strong appetite in from two to four days, more or less.

Dr. A. W. Hall tells us that he was compelled to leave his bed and make a raid on the pantry. After he became fully restored he could fare well on one meal a day, though as a rule he took two.

After one year's practice of the flushing and even after six months, the writer had no distress on limiting his meals to two, even when walking all day. Very likely, if we had been drawing the cross-cut saw or splitting rails all day, we would have relished three meals. However, what we especially wish at this time to impress upon the readers is the fact that he who regularly practices the flushing of the colon, thus keeping his bowels sweet, will, when once in normal condition, eat less than he did before and at the same time have more power of endurance, and can go a greater length of time without eating and without distress than he could before the habit of flushing was adopted. For ourselves we can explain it in no other way.

In case a sliver gets into the hand, it will tax the nerve force more or less to expel the sliver, and the hand will be somewhat weakened. If we are afflicted with boils or

an abscess, there is quite a serious tax on the physical energy in expelling the foreign or disturbing matter. In like manner, if a large quantity of decaying or putrid matter is absorbed into the vital fluids of the body from the overloaded colon, there will be a corresponding tax on the system in expelling it. Evidently then by keeping the colon sweet and preventing the absorption of such poisonous matter into the system, such tax on the nerve force is avoided and we are so much ahead. If we get strength by taking food, we take less food when less strength is required. Who will for a moment doubt that the absorption of decayed and putrid matter into the system imposes a serious and appreciable drain on the vital forces of the system? Does this not explain why some people eat much and yet have little strength? And why others eat so very much less and yet with great ease and pleasure perform more work than they ever could before? Also, why a long interval between meals brings no distress, where before the treatment regularity was a necessity to avoid great disquiet?

### PILES.

Piles are excrescences or tumors in the lower extremity of the colon, within

around the anus. It is simply a varicose condition of the hemorrhoidal veins, or an enlargement or congested condition of the blood vessels in the rectum. The enlargement varies in size from a pea to a hen's egg.

They are more frequently found with women than with men.

The cause of piles is the obstruction of the portal circulation and this condition is attended by habitual constipation, overloaded colon, pregnancy or displacement of pelvic organs.

TREATMENT — Most cases of piles are easily cured by a very simple, common sense operation. The removal of the cause is the cure of the disease.

Flushing the colon thoroughly according to directions found under Flushing. Then put one quart hot water into the rectum retaining it as long as possible, the object being to remove the cause, namely constipation, and to reduce the congestion. Continue this process every night for a week, then three times a week and persevere for a month or more if necessary. Hot water is the great remedy for reducing congestion.

Let a woman keep her hands in hot water, as in washing, for four or five hours, then notice how shriveled and free from



blood they are, the hot water having driven it into her body.

Precisely so with congestion in any part of the body, hot water will reduce it.

An excellent plan, very much to be commended, of applying the heat to the piles is to use the *rectal* cone, spoken of particularly in the chapter on Hot Water as a Pain Reliever. Its application is simple, effective, and at a very small cost. Use it every evening when about to retire for from fifteen to thirty minutes for one, two or three weeks, then every other night for some weeks, and the reduction of the pile tumors will only be a question of time. It will favor the reduction of the congestion to have the hips elevated above the level of the waist during the treatment. Persevere from three to six months, if necessary, before allowing the removal of the tumors by surgery.

### CATARRH.

This trouble is quite general in some localities. It is not only annoying to the afflicted but also more or less repulsive to those with whom the diseased are compelled to associate.

The membraneous lining of the nasal passages is the seat of the disease. It is

found in different stages from the abnormal secretion of mucus to the actual decomposition of membrane and nasal bones, accompanied by a most sickening stench. It is very liable to affect the brain, bronchial tubes, the lungs and the blood.

There may be some who believe themselves afflicted when it is really not so. This opinion they support by the fact that there is an abnormal secretion in the nasal passages, compelling them to use frequently the handkerchief.

The true facts are that such persons as we have reference to, constantly breathe through the mouth, the air in its passage absorbs the moisture and renders the mouth dry and parched. If these persons kept their mouths closed and forced the air through the natural or air passages, all or nearly all of the secreted mucus would be absorbed and carried off in the air, as it was taken from the mouth. Many persons have never thought of this. Let such observe how moist the mouth is when kept constantly closed, and how quickly the secretion in the nasal passages is apparently reduced when we breathe through the nostrils, especially taking air in large quantities.

Every one who knows a little of Natural Philosophy is aware that hot or warm air ab-

sorbs moisture freely, while the cooler the atmosphere the less it has this power.

When cool air comes in contact with the nasal membrane it becomes warmed and at once absorbs moisture, rendering the secretion only apparently less. Now let the air be taken in larger quantities than we are in the habit of doing, keeping the mouth closed, and we find very little use for the handkerchief.

It is very doubtful whether it was ever intended that the air should absorb all the secreted mucus; for in that case the passages would become dry and allow every particle of dust we inhaled with the air to pass into the lungs and render the lungs at all times liable to irritation and inflammation. This warm secretion serves the purpose of preparing the air for the lungs both as respects warmth and moisture; and the surplus serves to arrest particles of dust and foreign matter and assists in carrying it out of the nose.

Some of the readers may not be aware of the principle we refer to, so we take the liberty to explain.

If a pitcher be filled with cold water on a very warm day, the warm air immediately in contact with the pitcher becomes cooled and loses its power to hold its moisture, and

no longer able to hold it, it falls on the outside of the pitcher. The people generally say: "The pitcher is sweating." If, however, the water in the pitcher should be heated to equal the temperature of the air, the air no longer cooled would at once absorb the "sweat" from the pitcher. The same principal underlies the formation of rain and dew.

If, after breathing large quantities of air through the nose there still is a large overplus of moisture, we may correctly conclude that the secretion is abnormal and is caused by catarrh.

That condition of the mucus membrane which renders us liable to catarrh we believe is caused by impure or poisoned blood owing to absorption from the intestinal canal mainly, besides from a foul stomach and the decomposing feces in the intestines, arise unhealthy and foul gases which, coming in contact with the pharynx and nasal passages, render these parts more weak and diseased than adjacent parts.

When then we take cold in the head, the action of the skin being checked, the waste and morbid or diseased matter precipitates, as it were, to the mucus membrane for which there is already an affinity, and the conse-

quence is the membrane is still more weakened and diseased.

To take cold in the head is no difficult matter. Let us on a cold day occupy a low ceiled room, or kitchen, keep up a hot fire and have our heads constantly in the superheated air which the low ceiling forces upon us, then pass out of the room into the cold air and we are sure to have the "sniffles." Especially liable are conductors and brakemen on passenger trains to these extremes of heat and cold. Passenger coaches are heated to accommodate the passengers, perfectly inactive and, sitting low, occupy the coolest part of the car, while conductor and brakemen are compelled to be active, carry their heads in the hotter atmosphere, between stations, move from one car to another, and at stations compelled to get out or off, thus constantly experiencing the extremes of heat and cold in winter.

Is it any wonder that a conductor on a popular line, in one day used as many as eighteen pocket handkerchiefs, and was compelled to submit to several surgical operations made necessary by a very serious case of catarrh?

Many will remember their pride the day their mother bought a scarf about two yards long

What a grand thing it was to keep out the cold!

It was wound once or twice around the neck, covering mouth and nose, nothing exposed but the eyes that the way could be seen. The scarf had to go along whether on the rapid walk to school or in the contest on the play ground.

Then repairing to the school room or home, the neck and cheeks perspiring freely, the scarf was removed *to take cold*. On the following day with a severe cold a cough, the scarf must do still better service, and it is wound about the neck three or four times to make sure of keeping *out the cold*, and thus bad is made still worse.

Hot air about the head, face and neck must be avoided.

It is claimed that our climate is a main cause of this disease, and there seems to be something in it. It can very easily be explained why there should be a greater flow of mucus from the nose in this climate, than is the case in the southern, western and north-western states, and why the trouble should be so much more readily cured in the latter places than is the case with us. With us the air is very moist, and it is quite natural that a moist atmosphere should less perfectly absorb the secretion of the

nasal membrane, than a dry atmosphere would as is the case in the states referred to. This fact renders it difficult, or impossible, to so far have our moist atmosphere absorb the mucus as to render the handkerchief wholly unnecessary. Were this actually possible, or the rule in a moist atmosphere, what would be the effect in a dry climate? In considering the severity of any case of catarrh take the condition of the atmosphere also into consideration, whether moist or dry.

Catarrhal patients will remember that in case they *get cured* (?) in a dry climate and return, the old symptoms will in all probability reappear.

On one occasion specialists on nose and throat difficulties held a convention in Buffalo, a number of papers were read and the subject discussed. What was the conclusion of the learned gentlemen? *That it was a disease that the specialists could not cure.*

That morbid growths in the nose could be removed by surgical means, and thus measurably relieve the patient; but that common catarrh was practically beyond even the specialists reach.

When the patient's visits to the specialist's office ceased, then the good effects of the treatment ceased.

Rather discouraging, dear reader, is it not?

Does the Hygienic Miracle offer no hope?  
We believe it beats the specialists.

#### TREATMENT.

1. Flush the colon regularly. It will purify the blood, and this will bring healing and tone to the diseased membrane.

2. Use nasal douche, applying warm water and a little salt added. Only water enough should be used to effect thorough cleansing of the parts.

3. Engage daily twice or thrice for five to ten minutes at a time in Respiratory exercises. While the supply of air holds out, take large quantities. Forever cease the habit of breathing through the mouth.

Remember we keep disease from the respiratory organs, nose and lungs, by abundantly exercising them, and internal cleanliness.

We know a young man who suffered with asthma for over two years and also catarrh. Having used the treatment for some time, he is wonderfully pleased with the results.

We have used our own prescription and are satisfied we recommend a good thing. Should any one having used the above not be satisfied, he can use the following:



Inhale from a special vaseline spray; one oz. white fl. vaseline, mixed with Eucalyptol and Sandal wood oil of each one-half dr. Use twice a day, the mixture always being warm. This from its healing and astringent properties is very appropriate. Always see that the nose does its full share of work in Respiration.

### THE SECOND STOMACH.

That different species of animals have more than one stomach will not be anything new to the reader; but that man has a "second stomach" will be news to most readers.

That in the absence of ability to take food into the stomach by reason of inflammation, cancer or other serious condition of that organ, it is cause for gratitude to know that nourishment may be received into the rectum, injected through the anus, sufficient to maintain life and a good degree of strength, affording a time for rest and recuperation for the stomach, enhancing its recovery from injury, weakness or disease.

It is claimed that by taking food into the colon, there is even a rapid increase in flesh and strength, and in proportion as the general health improves, the stomach grows stronger.

We presume that if feeding the colon will meet these extraordinary claims in a sickly debilitated body, they would possibly be even more so in a condition of threatened health.

Would it not be wise, in case of irregular attacks of dyspepsia, to stop feeding the stomach and take food into the colon at least for a few days? In anticipation of such an attack we could act on the principle "an ounce of prevention is worth a pound of cure," aid the stomach in its recovery by giving it for a time the rest it needs, and by taking nourishment in the rectum the loss of strength would be avoided.

### The Kind of Food and its Preparation.

Dr. Forest, in his "New Method," gives the kind of food used by Professors Ewald and P. Huber. Raw eggs beaten up with a little salt is the best form of nourishment for this purpose. Two or three raw eggs, one-half teaspoonful of salt and a tablespoonful of water, to be thoroughly beaten and injected. This is to be repeated three times per day.

There is one thing in connection with this feeding the colon of great importance, that is to flush the colon or at least the rectum one hour before injecting the food.

The best syringe we know of for this purpose, viz: feeding the rectum, is a six or twelve ounce hard rubber rectal syringe.

The practicability of this method is beyond question as it has in so many cases been tested by regular physicians and found satisfactory and highly beneficial.

If there is great weakness, to two raw eggs could be added a tablespoonful of Bovine or Murdock's Food and the additional water and salt, to be thoroughly beaten and injected. Undoubtedly the best position for receiving this injection would be the same as when flushing the colon. The time of retiring would be especially favorable.

In what a distressing circumstance would many sufferers be but for this "elixir of life!" In the treatment of the sick two important points must always be kept in mind, namely, the early and rapid elimination of morbid and poisonous matter from the system, and the proper and necessary nourishment.

An intimate friend of ours with a very serious inflammation of the stomach, was sustained for several weeks by feeding the colon, but for which she certainly would have succumbed. In this case "beef peptonoids," prepared by Reed & Carnrick, was used. Hot water was poured on the Peptonoids.

oid and about two tablespoonfuls injected every two hours.

Let the condition of the patient indicate the frequency and quantity. The patient must not be starved and allowed to become weak. In this case we doubt whether the sweetening of the colon was attended to as it should have been done; for remember the absorbents will accept anything, good, bad or indifferent. Besides, the flushing reduces the fever and gives a healthy stimulation to the extremely tender stomach.

We lately had the pleasure of meeting a lady whose life was prolonged, who was under the necessity of receiving nourishment by way of the rectum for over one year.

### MALE WEAKNESS OR SPERMATORRHEA.

We are writing for those whose losses occur when entirely or but partially conscious. Persons who cause their losses by bad habits, have simply to abandon bad habits to find relief. There are those with whom bad habits are as distant as the east is from the west and yet suffer weekly, bi-weekly or oftener. Persons endeavoring to lead blameless lives before men and God in their suffering have gone to their closets with worry,

tears and prayers, but the trouble continued just the same. For such we have words of hope and cheer and a simple and speedy cure.

Nocturnal or involuntary emissions are not a disease but the indication of an abnormal condition. The removal of this condition is to cure the trouble.

The semen is generated in the testicles and then passed through the tube, *vas deferens*, upward and backward and curving round on the side of the bladder descends into the seminal sac situated behind the bladder, and brought in contract with the rectum. If the theory that the organs most remote from the colon are weakened and diseased by the absorption of poisonous matter from the intestines, why should not the organs suffer that are contiguous? If the kidneys, bladder and other pelvic organs are weakened, relaxed and their normal action interfered with by the intestinal poisons, why not the seminal sacs? They do share this weakening and enervating taint in common with other organs. Not only this but the disadvantage to them resulting from the hard bed of feces in the rectum against which the seminal sacs are forced more or less.

The sufferer lies on his back during the

night, the secreted urine collects in the bladder in greater or less quantity and its weight rests or presses on the weakened or relaxed sacs that rest on a solid bed of feces and the evacuation or expulsion of semen is almost if not quite a natural result.

How many persons suffer from emissions even while at stool? This occurs with those whose rectum is filled with solid feces, requiring very severe straining for their expulsion from the body. This straining presses the bladder upon the rectum between which lie the seminal sacs and thus the semen is forced out and no sooner is the rectum and bladder evacuated than the semen passes away, with the usual depressing effect, on the mind in particular. The same thing occurs frequently during severe straining to void the urine.

There is no question but that these losses have a debilitating influence on the body and especially the mind, and that with many persons life has been shortened and their usefulness lessened. The hopes of many parents respecting their sons attending school or college are doomed to disappointment owing to this octopus having fastened itself upon them.

Parents, arm your sons with the "Hygienic Miracle," for with this weapon they

will be well able to defend themselves, not only against this but against all diseases.

#### TREATMENT.

The thorough flushing of the bowels and in some cases the stomach, will soon sweeten the entire intestinal canal, which means purification of the blood, improved nutrition, complete absence of constipation, hardened feces and unnatural straining at stool, new tone and vigor in mind and body and all the different organs.

The flushing of the colon as described in this manual is known to have wrought almost a perfect cure in about six weeks in a case of over twenty years' standing.

#### IMPORTANT INFORMATION FOR YOUNG LADIES.

It is claimed that woman comes earlier to maturity than man. "The tree of life blossoms and bears fruit sooner in one sex than in the other. It also sooner withers and sheds its leaves,—but does not sooner die. Female life at any period is fully as good,—perhaps a little better in respect to probable duration,—than that of the male. It is during the period of from fourteen to twenty-one years that the seeds of female diseases are chiefly sown—or at least, that

the soil is specially prepared for their reception and growth. The predisposition to infirmities and disorders of various kinds is affected by acts of omission and commission."—Dr. Brown, in Complete Herbalist.

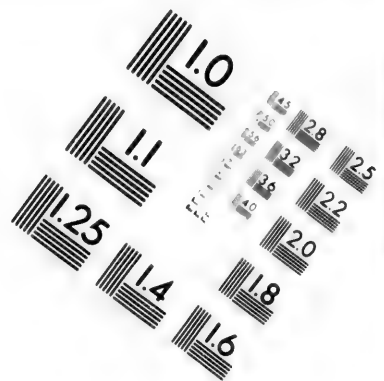
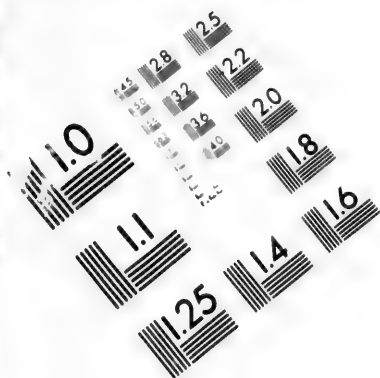
It is a hobby with old school physicians to give great prominence to exercise in the open air, and they consider this deficiency the cause of one-half of female disorders.

They assert, the truth of this assertion is attested by the pallid complexions, the languid movements, the torpid secretions, the flaccid muscles and disordered functions and consumption.

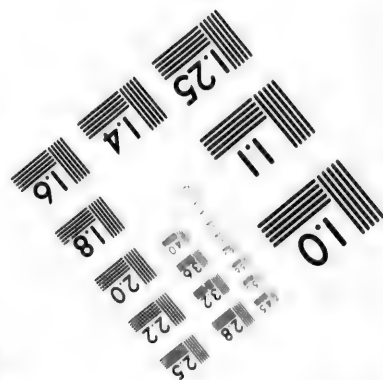
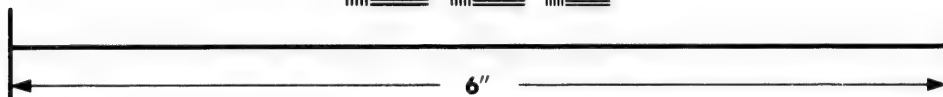
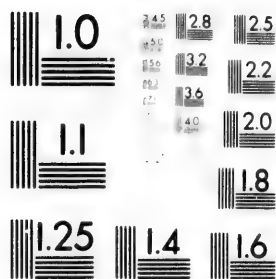
However much of truth is contained in the aforementioned, and however much importance is to be attached thereto, one thing of equal, if not greater importance, has been pretty much overlooked, at least in connection with the cause of disease. Nobody is going to exercise in the open air to any great extent, while they have but a weak inclination to do so. It is in harmony with exuberant health to be active in or out of doors, and to be frisky almost as a squirrel. The more life the more it will manifest itself.

It is equally true where this exuberance of life is wanting, there is languor and disinclination in the same degree. The latest





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investigations point to the abnormal condition of the colon as the cause of this languor and indisposition to exercise, and the observations of the writer, as that of thousands of others, corroborates and most emphatically endorse this view. Dr. Turner asserts : "We have found the fountain the loaded colon) of all disease." Of course this includes the languor and indisposition which characterizes the "higher and middle classes of female youth."

There is no possibility of over-estimating the flushing as at least a weekly habit. Many from modesty or false delicacy, or a repulsiveness at the thought of a process so unnatural or extremely distasteful, may sneer at the idea of adopting any such internal cleansing process.

However, every thoughtful and intelligent young lady, out of self-respect and many other reasons, will not be long deciding that the consciousness of sweetness and internal cleanliness, at the trifling cost of the somewhat unnatural and perhaps to some repulsive process of flushing the colon, is certainly a thousand times to be preferred to the internal pollution caused by the most horrid filth imaginable outside of a back-yard closet-vault, carried about in the body day and night from one year to another,

polluting the blood, robbing the face of bloom and beauty, lessening vitality and strength, filling the body with aches, pains, stiffness of joints, and indisposition to exercise, labor or study, interfering with the mechanical action of the different organs of the abdominal cavity, or causing prostrating disease of some kind. There can be no more hesitation here with a person of sound mind than in choosing between bitter and sweet, happiness and sorrow, yea, even life and death. It must not be lost sight of that the loaded colon, "this cesspool of death," is at the bottom of almost every affliction of the human body. Keep the dust and grit out of a first-class watch and you will have little or no trouble with it.

Your attention is called to a very common affliction you are liable to, and which can be avoided at an insignificant cost of a few cents and a little self-denial without medicine or drugs.

### **ANÆMIA.**

Anæmia means poverty of the blood. It is sometimes called "green sickness" owing to the waxlike hue of the countenance.

Physicians claim it is caused by blood poisoning. The red corpuscles of the blood

becomes pale and small and diminished in numbers.

Boys and girls are liable to this disease.

Its cause undoubtedly is the absorption of poison from the bowels, want of abundance of pure air in the lungs and more or less inactivity of the skin and sluggishness of the circulation.

It is frequently accompanied with vertigo, headache, backache, hysterical affections, dysmenorrhœa, leucorrhœa and a feeling of general languor, with great indisposition to bodily or mental exercise.

These symptoms should be attended to at once, as other nervous diseases are liable to set in.

#### TREATMENT.

We prescribe no iron, quinine, strychnine, no, not even electricity, which is better. Electricity is a good and powerful remedy, but it costs too much money and requires a great deal of study. We have something decidedly cheaper, simpler and more effective. In a short time you can learn to treat yourself and experience a wonderful relief.

1. Flushing of the colon according to the manner laid down in this manual. Use from two to four quarts of hot water. Regulate quantity according to age. We know

of a little girl eleven years of age that has used as high as three quarts, but generally less. Three times a week it should be used.

2. Breathing exercises as herein explained, both in-doors and out-of-doors, two and three times a day. Then as a rule practice deeper breathing as much as possible.

3. Have flannel next the skin. Look out for extremes of temperature. Bathe the entire body at least twice or three times per week, using warm water at first with some salt added, gradually using the water less and less warm, and rubbing the skin.

4. Exercise in-doors and out-doors, more and more as strength increases.

5. Avoid overcrowded and badly ventilated rooms.

### HEALTH HINTS FOR NURSING MOTHERS.

Intense mental excitement must be carefully guarded against, as there is under such circumstances a decided tendency to vitiation, yea, even a poisoning of the secretions.

As the milk and butter is affected by the quality and kind of food eaten by the cow, it is not unreasonable that the physical con-

stitution of the child is affected by the milk which it draws from its mother's breast. The milk of an enraged mother is known to have thrown her infant into convulsions, within an hour, by impairing the action of the brain, yea, and even destroying its life. "Excessive mental emotions will deprave and vitiate the secretions as readily as a deadly poison taken into the stomach. A paroxysm of anger will render the bile as acid and irritating as a full dose of calomel." The strongest feelings of a mother's nature are appealed to, to eat and live in reference to the well-being of her child, and never run the risk of allowing it to feed on the breast of a hireling, who may be scrofulous or depraved or worse.

*Blood and secretions must be pure.*

Mothers cannot be too careful about the condition of their blood. Poverty affords no shield or excuse, for at an average cost of a few cents per annum, she can at all times keep her body sweet and prevent taint or morbid matter from getting into the blood. Just think of a being either before or after birth developing so near to a fountain of putridity, or, as a medical doctor called it, "the cesspool of death." Need we wonder over the wonderful mortality of infants? Born to be carried to the cemetery.

Nearly all mothers know of the great liability to constipation at such periods. The enlargement of the womb causes a pressure on the colon, rendering the passage of the feces difficult and irregular. When feces are retained beyond thirty or thirty-six hours, the absorption of taint and decaying matter takes place, and in most instances it goes from bad to worse, until the system is so filled as to show itself in the muddy complexion and loss of beauty. I believe if mothers resorted to the flushing of the colon there would be no loss of beauty during this critical period, and the usual morning sickness or nausea would be absent. The consciousness of being clean outwardly and sweet internally and the mind filled with pure motives, sweet and lovely impressions, and noble purposes, will justify joyous hopes in proportion, that the coming generation will at least inherit health of body, loveliness of heart and nobility of soul. Rest assured, "whatsoever a man soweth that shall he also reap." A most noble and pious lady once said to me in reference to this very important subject: "You see my children; what they are, that I was." Her assertion is wonderfully significant, and every thoughtful mother will thank me for dwelling so long on this delicate subject.



During the period of nursing, this flushing for the thorough sweetness of the bowels is no less necessary. Very frequently during this period constipation is very severe and the taint absorbed would adhere and affect every secretion of the body. The more decayed or putrid the contents of the bowels the more serious for the nursing child. Nor should this matter be overlooked for a single day. Thank God, the day of physic is passed.

Suppose the mother resorted to physic in her trouble, it would pass into the secretions of the breasts and be given to the child. The mother now says, "The physic did not affect me, I'll have to take a larger dose." The larger dose is given, and as before the child takes it from the breast.

The result is the child is being killed with over doses of medicine for which it may not have the slightest call. In the meantime the deferred movement of the bowels leads from decomposition to putrification, and the child already overdosed with medicine, is likewise compelled to partake of this horrid taint secreted in the breast. And still mothers are wondering, crying in agony through their tears: "Why are my darlings slumbering under the mound?"

It should be thoroughly impressed on the

mind that the absorption from the bowels is very rapid. Medicine injected into the rectum can be detected in the saliva in fifteen minutes, in the kidneys in five minutes, and in the bladder in five minutes.

Therefore consciousness of sweetness internally alone will give the mother quietude and satisfaction. It will also justify the expectations of a healthy development in her child and happiness in proportion for herself.

### THE IMPORTANCE OF THIS TREATMENT FOR LADIES.

A lady writes on this subject, and for evident reasons withholds her name. Among other things she writes: "As a branch of *physical culture, the flushing is supreme.* It is merely a reasonable conclusion that, granting a healthy condition of the vital organs, pure blood, fresh air, discreet exercise, and temperate diet, there is no obstacle to a perfect and symmetrical development of body.

I make the assertion and experience paints the illustration, that not only can the complexion be brought to the finest state of rosy beauty by the constant use of the flush, but the hair will become soft and luxuriant,

the eyes sparkling and bright, and the step light and elastic. The chest and limbs will be developed, bust enlarged, and in cases of matrons where not long neglected, quite restored.

Young boys and girls should resort to the flush as a flesh and brawn promoter. I am persuaded the girl constantly using this treatment, may defy the changes of life, and laugh at the thread of wrinkles or premature decay of beauty.

The mature woman under any and all drains upon her system can improve her appearance and arrest the onslaught of time.

It is every woman's duty to be as beautiful as fate will allow; and if the flush played no higher part than to cater to vanity, the knowledge of its use would be of untold value to those who possess it.

With regard to the delicate matter before referred to she writes: "I boldly declare that with this treatment alone, I could in a third generation produce such an improvement in the human animal that the theory of evolution would receive a new impetus, based upon practical demonstration.

I not only know it possible, but believe it to be the duty of every mother to direct and assist the development of her offspring into

the grandeur of full maturity by its aid."—  
F. F. & Stockman Sup.

A word to the wise is sufficient, and I hope hundreds of thousands of mothers will be made thankful for calling their attention to this weighty matter.

### FEMALE WEAKNESSES.

The untold and almost universal suffering in consequence of disease or weakness of the organs in the pelvic cavity, will not allow us to pass this subject in silence, although we feel like removing our shoes preparatory to stepping on such sacred ground.

Woman is the noblest creature of God. Whatever incapacitates her for her own special duties, lessens her sweetness, her mildness of temper, her happiness, mars her beauty and affects others in proportion as well. Whatever we feel called to do for her relief, however much we may feel our inability and unworthiness, we do it with mingled feelings of respect and veneration as must be elicited by the thought—my mother was a woman.

We are perfectly aware that the system of treatment in practice for years past has been very unsatisfactory, and we are equally

confident that the new treatment herein offered will, in a majority of cases, be so satisfactory as to exceed if possible all expectations of the suffering.

We cannot withhold from the better part of humanity a remedial process so soothing, so restoring, so strengthening, and withal at an insignificant cost. We will make an effort sincere and strong to win the gratitude of every lady who may chance to see these pages, if she should need the instructions.

To all who may be suffering from those peculiar troubles we offer words of encouragement and cheer. There may be cases of long standing, that have been extraordinarily serious, where we would not venture to promise a complete cure, yet even in such cases there is much relief to be found, while the majority may rest assured that they can restore themselves with the Remedial Processes herein explained.

One lady recently came into possession of this treatment, after having suffered everything for about twenty years. After considering the matter for a short time she exclaimed: "Oh, had I only known this twenty years ago, I would have been saved all my suffering!" But even now she can lay her medicine aside and feel the joy of a child over the relief already experienced.

Dr. Turner says: "We have discovered the cause of all disease in the loaded colon."

We do not feel prepared to deny this assertion. Whether the trouble be congestion, displacement, unnatural discharges, pains, periodical or otherwise. Dr. Turner does not stand alone in his opinions.

While the eliminating organs of the body are being overtaxed on account of the enormous absorption of morbid matter from the colon, any part of the system that from any cause is weakened or diseased attracts the impurities of the system, hence unnatural discharges, and becoming more and more serious, ulceration or even cancer sets in. In all cases of weakness there will be congestion and displacement, brought on through habits not in harmony with nature's laws. One we have already alluded to—the loaded colon. Daily evacuations are no proof that there is no accumulation in the bowels. It is known that even with a daily evacuation, the colon was distended with feces to double its natural size.

This organ extends from the right groin upward, passes over the right kidney and reaches the liver, then curves to the left, passing somewhat behind and beneath the stomach and reaching the spleen descends, passing over the left kidney and comes in

contact with organs in the pelvic cavity. When weighted down with from four to eight quarts of hard feces it causes bearing down, displacements, irritation and congestion. Besides this, we must not lose sight of the enormous absorption of morbid and putrid matter from this organ, tainting, poisoning, weakening and rendering diseased all or nearly all the organs in the pelvic cavity. Hence we have congestion, displacements, leucorrhea, scanty, painful or excessive monthly habit, morbid discharges, etc.

Owing to the upright position of woman, gravitation tends to drag down these organs; however, it actually does so only when the ligaments or natural supports are weakened and relaxed, or from being pressed down by unnatural weights.

The overloaded colon, the constriction of the waist with corsets and skirt bands are an obstruction to the free and natural circulation of blood, causing congestion in the abdominal cavity.

Tight garments are also an impediment to free and full respiration which also seriously affects the pelvic organs.

When about ready to retire, having removed the close-fitting garments, notice

how full and strong inspirations will exercise the abdominal muscles ; at the same time remember that in expelling the air, the pelvic organs fall, and rise with the inspiration. The more perfect or full your respiration, the more perfect the exercise of the abdominal muscles, and also the natural supports of the organs within. You must see the importance of this when you consider this occurs about twenty times per minute, or twelve hundred times an hour. Exercise is one of the conditions of life, health and strength, and whatever is an impediment to this important exercise, must in the same proportion prove detrimental to one's health.

It will hardly be denied by any sane person that tight waistbands do interfere more or less with this important function, resulting in a proportionate loss of exercise of the muscles alluded to and consequent weakness. We have no intention of tyrannically ordering the ladies to abandon the corset, for the so-called "Freedom waists" and other waists constructed from a hygienic standpoint are said to meet the requirements of health and beauty.

Another important matter must not be overlooked, that the troubles referred to are nearly always preceded by a general impairment of health.



The celebrated Graily Hewitt, F.R.C.P., professor of the diseases of women in the University College of London, and former president of the Obstetrical Society, says: "An extended experience has enabled me to submit a further, and, as I believe, a most important generalization on this subject. What I have to say, in fact, amounts to this, that alterations in the shape and position of the uterus are rarely witnessed except in individuals whose general strength has become seriously impaired by a systematic and often lengthened practice of taking little food. The term chronic starvation, appropriately designates the condition, and a long course of observation has convinced me that it is a most important factor in the production in the class of diseases above alluded to."

"There appears good grounds for believing that, excluding accidents and injuries, the primary defect, the first step in the downward course, leading finally to established local disease, is a general weakening or impairment of the nutrition of the body generally."—In New Method.

The impairment of the nutrition of the body is directly chargeable to the loaded colon, the absorption of vitiated matter into the vital fluids, where the absorbents should have found sweet, nutritious matter.

This reminds us of the passage: "If he ask bread, will He give him a stone? If he ask for an egg, will He give him a scorpion?" That is just what the loaded colon does, and weakness, impairment and disease are the result. Then beware of the loaded colon.

### **NOTICE THE DIFFERENT STEPS IN THE TREATMENT FOR THESE DIFFICULTIES.**

#### **1. Improvement in Nutrition and General Health.**

As a rule this is readily accomplished by flushing the colon.

Not long since a lady went to breakfast feeling very ill, thinking she would have to force herself to eat a little. A friend who happened to be present advised her to leave the table and kindly offered to attend to her. The flushing was advised and resorted to, and inside one hour she ate breakfast with much relish, and was so much pleased over the speedy relief.

This flushing process drains off the vitiated contents of the intestinal canal, affording immediate relief, by the gentle yet certain stimulation of the intestinal canal and stomach and preventing, or at least greatly

lessening the mischief of the otherwise useful absorbents when deleterious or putrid matter is present. Under certain circumstances the flushing of the stomach as advised in flushing of the stomach, may be necessary.

Congestion is surely relieved by the flushing of the colon with water as hot as can be born without scalding.

A lady in this vicinity was exceedingly liable to congestion of the ovaries. Wet feet were sure to bring on trouble. On one occasion a friend advised her to use this drugless treatment, but she very obstinately refused to do anything so indelicate and repulsive.

Every hour brought additional pain and fever. She ordered a physician to call on her. One powder after another was taken as well as a foot bath, still she continued to get worse; finally in great suffering and very high fever she consented to use the flushing provided that one-half or one pint of water would be used. Her friend replied, "I'll attend to that," and at once put three quarts of hot water into the fountain syringe, and before any suspicion could be aroused about two quarts were passed into the colon. The result was in ninety minutes her pain was gone, and her fever one-third what it had been.

The next day she arose and was off visiting, taking with her a very high opinion of the new treatment.

A case of chronic congestion that had been treated a long time in vain by different physicians, until they finally concluded she would have to undergo a serious surgical operation. However, the flushing of the colon was resorted to, and in a comparatively short time the trouble disappeared.

Another principle in the treatment of these difficulties is to be considered, namely:

### **Gravitation.**

A limb that is fractured, cut or bruised is liable to much greater congestion and much more pain if maintained in a vertical position on account of gravitation or the attraction of the earth.

If, however, we place it, the limb for instance, in a horizontal position or somewhat higher than the hips, the congestion is soon reduced and the pain lessened.

It is on this account that patients suffering from congestion and pain in the pelvic cavity have been advised to lie in bed one hour in the forenoon and as long in the afternoon, with the hips elevated some four or six inches. At the same time a quart of hot water may be slowly passed into the colon.

This will reduce congestion and pain surely and speedily.

In very severe acute cases the regular flushing can be used as often as twice a day, then less and less frequent as the symptoms subside.

### Displacements.

The treatment of this difficulty will require more time, patience and perseverance. Lay aside all artificial props or supports; for the introduction of a foreign substance will, at best, only bring temporary relief, and at the same time it is very liable to irritate the delicate and sensitive tissues and cause congestion, inflammation and even ulceration.

Often in this manner of treatment the difficulty is only increased. In prolapsus of the womb we find the natural stays, supports or props weakened and relaxed. These supports must not be strengthened by artificial appliances, for these would only weaken still more the natural stays; for it is a well-known physiological law that exercise strengthens, while inaction weakens. A man's arm placed in a sling will cause a wasting and weakening of the muscles. Very true, if the arm is diseased we first heal it, and then exercise as the limb can bear it. There is no drug or medicine known to exist that will elevate the

fallen organ and contract and strengthen the natural supports.

### **The New Treatment for Displacement.**

1. Draw all decomposing or putrid feces from the bowels by the flushing process. Their presence only taints, poisons and impoverishes the blood and all other secretions, which means weakness and disease in the same degree. Keep the bowels sweet according to directions under Flushing Process.

2. Maintain for a greater or less time, according to severity of the case, and convenience, such an attitude of the body that gravitation will help the organ back to its normal position. Lie in bed with hips elevated above the level of the waist. This will help the organ to its normal position as well as relieve congestion. Take the old-fashioned method of supporting a patient in an almost sitting attitude by means of a chair well padded with pillows or comforters, only it is to be placed under the hips instead of the shoulders. In this position engage in special breathing exercises, which will exercise the muscles of the abdomen and also the supports of the womb, cause a more active circulation of the blood, removing more rapidly the waste material as well as furnish-

ing new material for necessary repairs, and restoring all vital processes that are present in the normal condition. Change the position and lie on the side, and when desirable lie on the other side, always with hips elevated.

You will be surprised and delighted over the relief speedily experienced.

When you leave your bed dress in loose garments and do not forget the breathing exercise, twice or three times daily and from five to ten minutes at a time.

You must remember the fact that for once you are the patient and the doctor or advisor at the same time, and nature is the true, the best physician. By courageously and faithfully following these directions, you will soon learn hour by hour to take larger draughts of pure air until you have formed the habit of breathing enormous quantities and thus wonderfully aid the nutritive processes absolutely essential to the repair of waste and the building up of the system.

### **PAINFUL MONTHLY HABIT (DYS-MENORRHEA.)**

Few escape pain at this period, many are acquainted with great distress, and others suffer excruciating agony.

## TREATMENT.

Keep feet warm at any cost,

Use flushing of the colon twice or three times a week. If necessary inject from one to two pints of hot water and retain.

In extraordinary severe cases it may be necessary to adopt the treatment under Displacements. The Hip Bath (explained elsewhere) will give temporary relief.

Take frequently exercises in Respiration.

We feel satisfied this treatment will give permanent relief.

### SUPPRESSED HABIT (AMENORR- HEA.)

A lady writes: I am persuaded that the girl constantly using this treatment (flushing of colon) may defy the changes of life.

A young lady away from home was much embarrassed and in great distress caused through the non-appearance of habit. She was advised to use the flushing of the bowel and in addition took the Hip Bath about eleven at night, and before morning the habit was restored.

This result must not be looked for at once by those with whom suppression is the result of Anæmia or poverty of blood. It



will require time to restore it. (See Anæmia.)

### PROFUSE HABIT (MENORRHAGIA).

Raise the foot of the bed for four weeks or more, thus elevating the hips. Use flushing of bowel regularly with *hot water*.

During the period keep to bed.

Don't forget the respiratory exercises.

From every hand we learn of the excellent results of the flushing in this trouble. Hot water as hot as can be borne, injected into the rectum and retained, is sure to bring relief.

### ABNORMAL DISCHARGES (LEUCORRHEA.)

In extraordinarily severe cases flush the organ with from two to four quarts, using the "Irrigator." Flush the colon regularly, and in case there is much inflammation inject and retain from one to two pints of hot water.

A cleanliness of bowel, etc., will soon remove this trouble.

Not long since a lady suffering with a serious discharge applied to a physician who

prescribed whiskey ! This physician is a regular graduate. She applied to a second physician, who advised her to use the flushing of the bowels. She recovered nicely and is highly pleased.

If the system is fed with impurities and putrid matter from the colon, they must find an outlet somewhere, or the person would soon die. Abscesses, boils, skin diseases and ulcerations are outlets for this poison in the system.

By keeping the bowels sweet, these troubles as well as almost every other disease is avoided. Oh ! the gladness and joy of millions of hearts when once the true light shines forth !

## WORMS.

We have never felt free to claim that the "drugless" remedial process will kill or remove worms (excepting pin worms), so it is thought advisable to insert prescriptions from good authorities.

There are at least twenty different species of worms found in man, usually but three. These are the long, round worms found in the small intestines; the pin worm, so called on account of its small size and found in the rectum, and the tape worm.

## Remedies.

### FOR LONG, ROUND WORM.

Dr. A. S. Sweet publishes in a Medical Journal this:

Santonin, 16 grs.,  
Fl. Ex. Pink, 160 drops,  
Simple Syrup, 2 oz. ; Mix.

Dose—A teaspoonful morning and night.

### TAPE WORM.

Dr. Turnbull's successful remedy:

Bark of Pomegranate root,  $\frac{1}{2}$  oz.,  
Peeled pumpkin seed,  $\frac{1}{2}$  dr.,  
Etherial extract of male fern, 1 dr.,  
Powdered ergot,  $\frac{1}{2}$  dr.,  
Powdered gum arabic, 2 drs.,  
Croton oil, 2 drops.

Directions: The pomegranate root and pumpkin seed must be thoroughly bruised, and with the ergot, boiled fifteen to thirty minutes in half pint water and then strained. Rub the croton oil with the gum arabic and extract of male fern, and then to be thoroughly stirred with the tea. To be taken on an empty stomach in two doses, one hour apart.

## ANOTHER REMEDY FOR TAPE WORM.

Pumpkin seed has long been reputed as a remedy, still it has failed, possibly owing to the manner prepared. Taken as follows, it has been successful:

Pumpkin seed, powdered fine, 1 oz.,

White sugar,  $\frac{1}{2}$  oz.,

To be thoroughly mixed.

Dose: One teaspoonful every two hours till all taken: Following with a dose of castor oil and a little spirits of turpentine.

Another remedy which we know to have been successful:

Fluid extract Kousso,  $1\frac{1}{2}$  drs.,

Fluid extract male fern,  $1\frac{1}{2}$  drs.,

Fluid extract Senna,  $1\frac{1}{2}$  drs.,

Directions: This is to be mixed and taken in three doses on an empty stomach, each dose in a cup of hot, sweetened water. The worm will probably pass away inside of thirty hours.

## CONSUMPTION.

That incipient consumption can be cured, and what is still better, be wholly prevented, without medicine or drugs, is a fact that will gladden the hearts of millions. The death

rate in some parts of the country is twenty per cent. of the total, from this disease alone. It is estimated that in civilized countries over three millions die annually of this disease. In England, France, Germany and Russia alone, the deaths number nearly one million.

It is indeed a startling assertion to make that consumption is a disease that is not only wholly unnecessary but that it can be avoided by all, and that in a comparatively short time it might be exterminated.

We are not alone in this opinion, but backed by good authority and common sense.

Regarding the

### **Cause of Consumption.**

It has long been held that it was hereditary, but in the light of more recent investigations that opinion is regarded as a myth.

Dr. Turner once lost a patient of inflammation of the bowels and requested the privilege of holding a post-mortem. Of the result he says: "I opened the colon throughout its whole length of five feet, and found it filled with fecal matter encrusted on its walls and into the fold of the colon, in many places dry and hard as slate, and so completely obstructing the passage of the

bowels as to throw him into violent colic (as his friends stated), sometimes as often as twice a month for years, and that powerful doses of physic was his only relief; that all doctors had agreed it was bilious colic.

I observed that this crusted matter was of long standing, the result of years of accumulation, and the remote cause, not the immediate cause—of his death.

The Sigmoid Flexure, or bend in the colon, on the left side, was specially full and distended to fully double its natural size, filling the gut uniformly, with a small hole the size of one's little finger, through the centre, through which the recent fecal matter passed. In the lower Sigmoid Flexure, just before descending to form the Rectum, and in the left-hand upper corner of the colon, as it turns toward the right, was a pocket eaten out of hardened fecal matter, in which were eggs of worms and quite a quantity of maggots, which had eaten into the sensitive mucus membrane, causing serious inflammation of the colon and adjacent parts, and were the cause of his hemorrhoids or piles, which, I learned, were of years standing. The whole length of the colon was in a chronic state of inflammation, and still this man had no trouble in getting his life insured in one of the best companies

of America, and was considered a strong and comparatively healthy man by his family and neighbors.

Recent investigation has also developed the fact that *all cases of tuberculosis, or consumption, have their origin in one or more tubercular ulcers in the colon, located as a sequel of the above described pocket of maggoty worms*, and that hereditary consumption is a myth."—F. F. & S. Sup. to Hall's Health Pamphlet.

These tubercular ulcers furnish the tubercular bacilli, and being absorbed into the blood are carried into the lungs. Undoubtedly consumption bacilli is a reality, but it is just as true that it is an impossibility for them to find a lodgment in the lung tissue so long as these organs are active and strong. This then is one important point to which the reader's attention is particularly called. The first act of a human being in this world is to breathe, and to a great extent the manner in which this function is performed determines the term of life.

It can hardly be successfully disputed as a man breathes so he lives. Shorten the breath and the lungs are weakened, yea, the whole body, and you shorten life in proportion.

It is a fact known to the medical profes-

sion that consumption, as a rule, begins in the upper portion of the lungs, or just beneath the collar bone. Out of four thousand five hundred and thirty cases, Pollock found that it commenced there in all but eighty-four. It is this part of the lungs that is least used. In nearly every kind of labor, our shoulders are thrown forward and the breastbone is forced back on the lungs, breathing is made difficult, the exercise of these important organs neglected, and especially that portion just alluded to. This want of expansion and contraction of the lungs as was intended by the Creator, is weakening not only to the lungs but also to the whole body, and in proportion to the weakness is the liability to disease. What persons can not avoid this? and in all probability will when their attention is called to this very important matter.

The possibility of infection is not questioned at all, but it can only take place in lungs when their proper exercise is neglected. Consumption bacilli is entirely harmless where lungs are maintained in a vigorous condition by exercise.

Let everybody do their duty in this respect and consumption will never afflict them though they should inhale one million bacilli a day.



To prevent consumption let the entire lung be freely and fully exercised. Beyond a doubt with many persons the secret fault is not exercising these organs as was intended.

We breathe so little that we become weak, and, so to speak, almost double on ourselves. We make a serious mistake when we defer the recuperation of our strength till we are seated beside the table laden with meat for the stomach, for God has a full storehouse above and around us from which we are to draw momentarily life and energy for the nerves. With all the selfishness of man how much he loses! It is a veritable luxury to take in great volumes of air. We trudge along round-shouldered, hollow-breasted, with head leaning forward at an angle of forty-five degrees, as though we had forgotten we belonged to the human species. A few have resorted to shoulder-braces, but they are of no account, except a positive injury, in weakening those very muscles that should be strengthened by exercise, to hold the shoulder in its natural position.

Suppose then in this condition a person takes a severe cold, the action of the skin being checked, the labor of this vast eliminating organ (the skin) is thrown on to the

lungs and kidneys. The lungs being weak are unable to bear the extra labor imposed on them, and the consequence is they become still weaker, congestion or inflammation sets in, and the lungs now diseased, are not only unable to throw off the poisonous matter, but actually have an affinity for it.

Now if tubercle bacilli are present in the colon, perhaps long in a most horrid condition, where Dr. Turner says they are found, they being absorbed into the vital fluids are conveyed to the lungs where they find the soil only too well prepared and bear fruit unto death.

We will then suppose that tubercle bacilli have actually infected the lungs, may we not infer that if exercising the lungs is the means of strengthening them and rendering it impossible for bacilli to lodge therein, exercise will even now come to the help of those weakened, diseased organs, and strengthen them to throw off disease? Yes, reader, even so.

Distend your lungs to the extent of your ability daily and be not weary in well doing. If the disease has not advanced too far you may rest assured nature thus assisted, will restore the diseased organs.

Dr. Gerner in the Glasgow Medical Journal says: 'That almost every other diseased

organ requires gentle care and rest, and the lungs alone, when diseased, sturdy unrest, viz., that the disease is primarily born of inaction and decay, like rust on a neglected plow-share, which taken back into the field and pressed into active duty is, as it were, cured and restored to health." This is a very significant statement.

### The Cure of Consumption.

Is partly to be inferred from the preceding.

Respiration is, then, of first importance.

Even ordinarily take copious draughts of pure air, determined to make progress, using the lungs as strength will allow.

Besides this have two or three special exercises during the day. Stand erect, with shoulders thrown back as far as possible, hands resting on the hips, and with mouth closed, inhale air to the fullest possible extent, retain a short time and slowly respire. Continue this exercise from three to ten minutes according to ability, and every day.

Besides this lung exercise there are other means that can be adopted that will make the cure all the more certain. Read carefully the chapter on Respiration.

A second important matter is to have the skin active. The effects of chill must be counteracted as speedily as possible.

For this the hip bath in an ordinary wash or bath-tub, or Russian bath as explained elsewhere, is hard to beat.

The matter next requiring attention is the improvement of the nutrition of the body. A certain doctor says: "I can conceive of no cure for consumption without improved nutrition." For a healthy stimulation of the stomach and intestines, there is none equal to the flushing of the colon. This should be attended to twice or three times a week.

The flushing promotes the secretion and prepares the stomach for the food; as a rule it gives a good appetite. In those cases attended with serious stomach trouble it may be necessary to flush this organ also as described under Stomach Flushing.

Next give careful attention to diet, using food that is nourishing and easily digested. Avoid pickled and smoked meats and rich fruit-preserves.

Some recommend cod-liver oil, undoubtedly many would prefer nice sweet cream. A very intelligent gentleman suffering with consumption, wholly abandoned cod-liver oil, as really being hurtful to him.

Raw meat foods, prepared from beef blood, are recommended as stimulating, nourishing, easily digested and quickly absorbed. They are said to contain the iron and mineral salts needed in nutrition.

Bovines & Burdock's meat food is considered best.

We have not as yet offered a drop of medicine. "Is then none to be taken?" you ask. It is an utter impossibility for medicine to do for a consumptive what pure air in abundance, thorough, daily exercise of the lungs, and a sweet intestinal canal will do. To cure consumption with drugs or medicines has been about totally abandoned by the most advanced physicians of our day. and they deserve credit for it. The sooner the patient clearly comprehends that the treatment and cure rests in his hands, not with medicine, but abundance of exercise in respiration, improved nutrition and a sweet alimentary canal, the better it will be for him.

We have a friend, who, suffering from consumption took a journey to Texas, California and Oregon, and returned much improved.

He however soon relapsed, but resorting to the flushing process alone, he soon re-

covered and to this day is full of business.  
(*See Chapter on Respiration.*)

## RESPIRATION.

"Respiration is the act or process of inhaling air into the lungs and then exhaling it, to support life."—Harvey.

Air is the life-sustaining principle. How fortunate that there is an abundance of it.

We live and move in an ocean of air about fifty miles deep; no one is injured by inhaling too much, but, on the contrary, many suffer much injury from taking too little and from inhaling impure air. We spend money for blood purifiers and tonics and do not appreciate air, the greatest tonic in the world, and content ourselves oftentimes with the stagnant and impure air of our dwellings which is often more than enough to counteract the best alterative medicine in the world. How little is thought of the danger and harm of inhaling air that has already been respired! Every student of English history is acquainted with the cruel confinement of one hundred and forty-six prisoners in the "Black Hole of Calcutta," a room about twenty feet square. The next morning all had died but twenty-three for want of pure air.

A standard work on consumption gives the following: "The lack of what is so abundant and so cheap—good, pure air—is unquestionably the one great cause of consumption."

There exists among many people a marked and stupid dread of "*night air*," and so the windows are kept sealed, especially in winter, for fear of chilling the room and "taking cold." How often four or more persons sleep in a small upper room with low ceiling, and for weeks and months no ventilation is thought of. The consequence is the children of healthy parents die at an early age and frequently of consumption. Let languid, devitalized persons throw their tonics and blood-purifiers away and take plenty of fresh air.

The object of writing this chapter is to induce the reader to engage in *special exercises of respiration*, to take enormous quantities of pure air two or three times daily. Respiration is one of the important remedial processes we endeavor to teach and inculcate in the mind of the reader of this manual. By some it is termed "Forced Respiration Exercise."

The process is as follows:

In an airy room or out of doors, stand erect, shoulders thrown well back, with the

hands on the hips, inhale through the nostrils—never through the mouth—as much air as possible, retaining for a few moments, then slowly exhale all you possibly can. Repeat at short intervals and continue for from five to ten minutes or more; repeat twice or three times daily. Frequently when walking or sitting or riding we can engage in this exercise more or less. The development of chest and lungs in a short time is astonishing, besides the increased strength and elasticity in shoulders and back.

This exercise brings into play over one-fourth of the muscles of the body, among them the muscles that hold the shoulders back, rendering forever unnecessary the useless and hurtful "shoulder braces."

The late O. S. Fowler, on one occasion, weak and exhausted from overwork, engaged in deep and rapid breathing as one will when all "beat out." In a short time his weariness was gone, and he walked two and a half miles, delivered a lecture, returned home and wrote as if by some unusual inspiration until after sunrise next morning, just on the reviving influences of the rapid and deep breathing. He has thousands of times since when all "beat out" refreshed himself in this manner. He would open doors and windows, lie on his back, and exercise thus for



five to fifteen minutes. His ability to endure was astonishing and principally due to these exercises. Thousands of others have practised this exercise and are ready to endorse the almost incredibly reviving effects.

The writer has practised it for years and can vouch for its highly beneficial effects on the system.

Filling the lungs to the greatest possible extent increases their capacity, develops the chest, throws the shoulders back and maintains them thus easily and naturally.

Shoulder braces will never accomplish this; while the respiration exercise does this, besides the additional revitalization of the system, greater pleasure and endurance in labor, greater immunity from disease and the prolongation of life.

Mr. Samuel Edison, father of T. A. Edison, now in his ninetieth year, attributes his remarkable preservation in a great degree to these exercises which he has practised for about fifty years. Many years ago, while working at his trade as a tailor, his bent-over position in sitting became quite natural. On one occasion this erroneous habit became clearly impressed on his mind and he at once firmly resolved to correct it and undo the mischief. To this day (July, '92) he de-

lights in this exercise, pummelling his chest powerfully with his fist, and prides himself on his erect form, powerful lungs, and general good health.

So great was the change that his broad-cloth coat became entirely too small across the chest but entirely too baggy between the shoulders.

He claims he has also impressed the importance of this exercise on many others—some far gone in consumption—and in every instance with the most gratifying results. He specially reports the case of one Henry Porter, a grain merchant. The doctors had given him up. Mr. Edison meeting him one day said: "You come home with me and I will cure you." He was instructed in the exercise and was compelled to maintain such an attitude of body, in bed and out, favorable to the development of the chest. In six weeks he was again at the wagons buying grain, etc. This man was cured by respiration alone.

Sir Astley Cooper, a celebrated English surgeon, at one time surgeon to the royal family, already in the early part of the present century was well aware of the great importance of these exercises.

On one occasion he took into his employ a tall, slim man, much bent forward, and far

gone in consumption. He finally arranged for his enlistment, with a secret understanding with the army officers. He was provided with a leather collar to keep his head up and the weight of the knapsack tended to keep his shoulders back. He was instructed to inflate his lungs, at first very moderately, and gradually more and more. In six months he was straight and strong. This same individual, on the verge of the grave, was cured and lived fourteen years.

After his death the post-mortem revealed one lung to have been entirely gone, while the scars on the remaining lung showed it to have been seriously affected.

What was done at that time can be done again. If special respiration is a cure for consumption, how much more a preventive and still more so when used in connection with the flushing of the colon, which also alone has been known to have cured it.

There are indeed an abundance of facts confirming the opinion that consumption is a disease that can be entirely avoided, and in its incipency is easily cured.

### SEA SICKNESS.

For a long time there has been a great demand for a preventive or cure for sea sick-

ness. Comparatively few people escape this torture when on a stormy voyage, besides the embarrassment when away from home. We believe we announce to the world for the first time a simple and satisfactory preventive.

The writer, after considering the matter for some time, came to the conclusion that colon flushing was just the desired and long sought for remedy. In forming this opinion he was led somewhat by his reasoning on the effects of flushing and his experience. It went some time before an opportunity occurred of practically testing our theory. Finally there came an extraordinary wind raising the waves so high that they dashed over the bows of the boat. We took our position in the bow of the boat and retained it until we were well satisfied that we could defy for ourselves the heaving motion of the boat. A year previous to this it would have been an impossibility, as we were exceedingly sensitive to the slightest motion of a vessel.

Medical writers tell us that sea sickness is a nervous disease. Whether it is a nervous disease or rather a symptom of a nervous condition of the system manifesting itself when the body is subjected to the peculiar rocking motion of a ship, we believe we are

correct in claiming that the flushing of the colon is the long sought for preventive.

An eminent physician and lecturer on nervous diseases, Dr. Geo. M. Beard, says: "Among the unpleasant symptoms that accompany sea sickness is constipation."

From Dr. Forest's N. Method, we quote: "The following is from an editorial from the New York Medical Record of July 26, 1890: The cases reported show that not only may the milder nervous diseases have their origin in the colon and be relieved by colon flushing, but even insanity in some cases may thus be cured. It will be readily admitted that many of the milder affections of the nervous system may be caused by excessive and long continued accumulations of feces in the large intestine, or rather by the abnormal state of the system which permits or arises from such accumulation."

Dr. Forest further quotes a report of one Dr. Moyer, of three cases of insanity, which appeared to be due to disorder of the colon, with accumulations of feces, and were cured by simply evacuating and cleansing the colon.

The reader will carefully consider:

1. That here it is intimated that milder nervous diseases, as well as the gravest,

appear to have their origin in the loaded colon and are cured by the colon flushing.

2. Dr. Turner claims the loaded colon is the cause of all disease.

3. Dr. Geo. M. Beard regards sea sickness essentially a *nervous disorder and accompanied by constipation.*

If, then, nervous disorders and nervous diseases have their origin in the loaded colon, the cure must be simply the removal of the cause.

Further, the writer's experience corroborates the experience of the medical writers quoted.

They cured nervous disorders, even the very gravest, and the writer found colon flushing a preventive of sea sickness.

The writer had used the colon flushing about nine months previous to this test.

We admit our test was not of twenty-four or forty-eight hours duration, but when we remember how extremely sensitive we were to the slightest movement of a vessel previous to the adoption of this treatment, we we have no fears of even the severest test.

Persons intending to take a voyage had better use the colon flushing for some time previous to departure.

For the first few days on the water use flushing daily, especially if the sea should be

boisterous, otherwise every second day may do.

Eat heartily of light and easily digestible food, avoid smoked meats of every kind.

### FLUSHING THE STOMACH.

Brushing the teeth, rinsing the mouth or gargling the throat is nothing new, but whoever heard of rinsing out the stomach?

The stomach with very many people would be anything but an appetizing sight. Somebody calls it a "fermenting yeast pot."

Dr. Forest in looking into the stomach sees "a festering mass that would disgrace a sewer," and declares "if his mother had ever found her 'yeast pot' in the condition some stomachs are, she would have ordered it down to the kitchen straightway, to be thoroughly boiled and scoured."

If there exists any necessity for rinsing the mouth, brushing the teeth, or cleansing the nasal passages, what then must be necessary for the stomach? How many people suffer from catarrh of the stomach? Thick masses of mucus lining the inner stomach wall to such an extent that the gastric juice is prevented from reaching the food in sufficient quantity for normal digestion.

A natural result is fermentation, eructations, palpitation of the heart, acid accumulations, at the same time the absorbents with which the stomach is well supplied are prevented from taking the nutritive elements of our food, and our object in eating wholly or partially defeated.

If the filth of the intestinal canal absorbed into the blood, and the foul gases arising in the intestines, passing through the stomach, œsophagus and nasal passages, weaken and render such parts liable to disease, how much less would the stomach suffer, besides the acid accumulations from fermentation, often tarty enough to set one's teeth on edge! Need we wonder over stomach derangement and impaired digestion? Nor is this all, for the intestines, nothing less than a second stomach, demanding thoroughly digested and well prepared chyme, have imposed on them, half digested, half fermented food mixed with mucus and acid, which cannot possibly escape the busy absorbents, for whether food is good, bad or indifferent to the absorbents its just the same, but to the individual it means something that is not readily forgotten.

The absorbents convey the acidity to the blood, and the blood carries it into the liver, lungs, brain, kidneys and skin.



What can we expect from fermenting and poisonous matter in the blood?

Headache, irritability, weakness and the "blues." Many people have already learned that it takes much grace to live with a disordered stomach.

Whether you have much grace or otherwise you may be pleased to learn that *flushing* the stomach is a sovereign remedy for most serious conditions. The removing of the mucus and remains of the fermenting food irritating the sensitive stomach lining, soothing and healing it, is what the flushing accomplishes, besides is a powerful and healthy stimulant.

There are two methods of doing this.

The first is simply drinking a cupful or more of hot water from thirty to sixty minutes before meals. A little salt may be added to the water.

The second is not so simple, still many patients have no trouble in carrying it out on themselves.

The apparatus required is a stomach catheter with tube of suitable length attached and ending in a bowel or funnel. This stomach catheter (very soft and flexible) is passed down the gullet into the stomach. A half pint or more of hot water with a little salt added is poured into the bowl or funnel,

which is now raised above the patient's head and the water runs into the stomach without any trouble. Some moments the water is allowed to cut and dissolve the slime and the funnel is lowered to the patient's knees, and, on the principle of a syphon, the water with slime and impurities adhering are drawn out. The operation can be repeated four, five or six times, until the stomach is as sweet and clean as can be. Every time the water is drawn off it is thrown away and clean water and salt used in the succeeding operation. However formidable this operation may appear to the reader, rest assured it is easily done and not nearly so difficult or hurtful as vomiting.

Just think of the operation being repeated over and over on a weak, sick babe only three months old and with excellent effect.

Dr. Paul Champonniere reports the following case in the Journal de Medicine, and we quote from the Dietetic and Hygenic Gazette:

"An infant three months old and nursed by a drunkard, was lately brought to the hospital for contracture which presented all the characters described by Trousseau, but *the interesting point was the form of diarrhœa present and the means taken to combat it; diarrhœa is, besides, a habitual cause of tetany.*

The diarrhœa was abundant, green and attended by so much cold and such a state of collapse that the death of the child some days after its admission to the hospital appeared certain.

Cow's milk was so badly tolerated that it was replaced by albumen water with a little alcohol. This gave good results, but washing out the stomach and rectum was also employed. Amelioration was immediate and continued. To the other treatment were also added baths of warm wine, a very good excitant of the skin in these cases. The good effect of the washing is shown in the fact that the diarrhœa reappeared as soon as it was stopped. When we attempted to give asse's milk in small quantities, in spite of all precautions the diarrhœa, convulsions, etc., recommenced. The washing treatment was then resumed, and after some days milk could be tolerated mixed with seltzer.

This case is of great interest as the tetany (contraction of the muscles) as well as the other symptoms, indicated intestinal intoxication. After the first alteration of the digestive function, the infant was unable to support any lacteal alimentation, but was able to support for a sufficiently long time the albumen brandy.

The washings of the stomach were made

with a soft tube of about three-eighths of an inch in diameter, and with boric acid water. They were continued until the water returned clear. Not only diarrhœa, but vomiting yields readily to this treatment." —Medic Age.

This article has appeared in no less than three medical journals, showing that even for medical men this treatment is considered very important, and is destined to come into general use with the profession and with the people when needed.

The flushing of the colon and the flushing of the stomach appear to be sufficient for any stomach trouble for which the slightest hope dare be entertained.

A lady visiting near by and suffering of gastric trouble, had the stomach flushing apparatus with her and treated herself without difficulty.

## CARE FOR THE BABE AND CHILDREN.

### How To Keep Them Well.

We have entered the home and we will not overlook the little folks, and least of all the babe. The babe is the joy of the home and its wants are few, then in the fullness of

our love and interest let them be intelligently supplied. We presume the mother has already cared for pure blood by means of internal cleanliness; this done, pure air, regularity in feeding, cleanness and proper clothing will insure a normal development and freedom from disease with the great majority, if not all infants.

Should the babe be constipated, the mother need not hesitate to use the flushing of the colon for its relief.

A lady writes in Supplement of Farm, Field and Stockman: "But most wonderful of all the wonders demonstrated by this treatment, is the mild but positive effect it exercises in the cure and prevention of children's diseases. I boldly declare, that with this treatment alone, I could in a third generation produce such an improvement in the human animal that the theory of Evolution would receive a new impetus based upon practical demonstration. The babe of a few hours old is as safely relieved as the adult sufferer. Many a child has developed idiocy after a fortuitous birth and promising infancy. 'Stomach troubles' we are told were the premonitory symptoms.

Impacted colon was the true diagnosis, with its blood-polluting and brain-softening influences. The wide-awake mother will be

able to accommodate the treatment under all circumstances, using the baby rectal tube and the healing water in less quantity and barely as hot as for an adult."

A Baptist minister whom we visited on one occasion remarked: "If anything is wrong with the children, I find the flushing of the bowel is just a sovereign remedy. I want no more medicine to come over the threshold."

On one occasion a neighbor postponed a journey on account of the illness of his child. Observing the child, we took in the situation at once, instructed him in the theory of flushing and intrusted him with a fountain syringe and its use, remarking if his child would not be better in one hour he was at liberty to think we knew nothing. The results were most gratifying, and the neighbor is about as enthusiastic as ourself.

The feces of a child are sweet, and if they should become fetid you will know at once something is wrong. If the flushing will sweeten the feces of an adult, it will do so much more with a child.

We doubt in case the feces are kept sweet through childhood whether ever a child would be troubled with measles, scarlet fever, diphtheria, chicken-pox, small-pox, etc.; for if there is no absorption of morbid

and poisonous matter from the alimentary canal, where are these diseases to come from, provided the mother cares that no taint gets to the secreted milk in the breast? If internal cleanness and sweetness will fortify an adult against disease, why not a child as well?

The wide-awake and practical mother will feel happier over this knowledge than over an inherited fortune.

The lady of whose writings we made a quotation in this chapter, once received a note from a sweet woman who had given the treatment a thorough trial with her children that had been delicate: "Thanks to you my wise sister, my little ones are now happy, rosy and well and the remarks of all my friends. For myself the dreadful blotches are almost gone from my face. I am exceedingly well and thankful."—F. F. & Stockman Sup. to Hall's Pamphlet.

Being that this chapter refers to the little ones, the reader will allow the introduction of a subject of great importance.

It very frequently happens that in cases of scarlet fever, measles or small-pox, owing to some favorable circumstance, the disease appears in a mild form and the recovery is rapid, and in the same degree the vigilance of the parent is relaxed. The child is allowed

to go out-of-doors, and the consequence is a

#### RELAPSE,

followed by a long period of bad health.

The child being exposed while the new skin is still forming, its action is checked by the even slight change of temperature, the escape of the disease poison is prevented. This condition is attended by serious functional derangement. Frequently there are boils or ulcers, diseases of the scalp, sores behind the ears, scrofulous swellings of the cervical glands, inflammation of the eyes and eyelids, running of the ears or excessive nasal secretions, and very frequently dropsy.

How many deaf mutes and other partially deaf ascribe their misfortune to this disease?

We are, however, sincere in our belief that this relapse need not run for weeks and months as is so very often the case.

If attended to it can be arrested in its course inside of twenty-four hours. As soon as the indisposition of the child is noticed, it should receive prompt and energetic attention.

#### TREATMENT.

1. Flush the colon with hot water.
2. Resort to the Hip Bath or bath in wash tub to restore the free and full action



of the skin, kindly supporting the weakened patient while sitting in bath. Then rub thoroughly and blanket well, and let the patient be put into a warm bed. If the patient has not satisfactorily improved in twelve hours, the operation can be repeated. Seldom will more than one bath be necessary; for the action of the skin being restored, the poison is being eliminated from the body, and the patient as a consequence improves nicely.

### HEALTH HINTS FOR THE LITTLE ONES.

The weaning of a child should never occur in hot weather, and at all times give plenty of pure cold water.

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Bread and milk is much better than bread and butter. If milk is expensive rather use less meat.

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Children should avoid all tea and coffee. Common sense never dictates tannin, one of the principal ingredients of tea and coffee, as suitable and promotive of health when used as a daily beverage.

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Give children their meals regularly and

always discourage "piecing" or lunching between meals. If they have no appetite in the morning, resort to flushing the colon twice or three times per week.

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If on a farm, their exercise or labor should be heavy and tiring; give them to drink nice cold buttermilk diluted with cold water, and no lunch will be necessary. Very refreshing for big folks as well.

In cities it is sold at five cents per glass, and beer bears no comparison with it. For the harvest field there is nothing superior.

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The children should avoid heavy suppers.

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The sweetening of bedrooms with abundance of pure air should be attended to by older ones.

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Let them eat fruit with good bread and not with heavy, indigestible pie crusts.

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In a certain neighborhood there lives a doctor who has five children, of whom the editor of the Vanguard says: "You can see them most any fine day if you should pass that way, playing, romping in a large yard.

They are each the picture of health. You can see it written on their faces, rosy cheeks, bright eyes and pure rich blood throbbing through their veins."

I asked the doctor one day what he gave his children to make them so healthy. He said, "good apples, pure milk, sunshine and fresh air."

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Sore eyes come from bad blood. The best remedy is pure blood. See that the food is simple and nourishing, the air of the rooms pure, and the matter of cleanness attended to both internally and externally.

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If this matter is attended to you need never fear your children will be troubled with salt rheum, boils, or any other skin troubles.

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The Vanguard says: "Poor teeth are frequently the result of bad diet. Children are fed on fine flour, meat and sweets. Such a diet is ruinous to the teeth. Give them oatmeal and graham plenty, all the brown bread they will eat, with abundance of good fruit, vegetables and milk to supply the need of animal food, and if they are properly

cared for otherwise, they will have good solid teeth."

Never allow the children to eat nuts between meals. Have them cracked beforehand and eat with the meals. However good the children's stomachs are, they must be taught to take good care of them to keep them good. A one hundred dollar watch, however valuable, can be spoiled and rendered worthless by abuse.

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By all means teach your children to hate tobacco in any form and strong drink as well. If your practice does not accord with your teaching, make it so. Children can only too easily get bad habits away from home without getting them under the parental roof.

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Make home a "Sweet Home" indeed for the little folks.

## THE DUTY OF MAINTAINING HEALTH.

That man is "fearfully and wonderfully made" is nowhere denied; nor is there any proof that he was born for a day, or simply a short time, on the contrary, there is reasonable ground to believe the days of man were destined to be three score years and ten, and under favorable conditions to exceed this.

Why, then, does the average of life fall far short of this? It is asserted that in the days of Queen Elizabeth, of England, life averaged only about twenty years, and at the present time it is said to be about forty or a little over, with civilized people.

Human life is conditioned on circumstances and laws, the observation of which tends in the same proportion to prolong life, while the violation must as a consequence, shorten it. These laws are the laws of nature—the laws of God. The assertion then of the inspired writer, all opinions to the contrary nevertheless, stands forever immovable. "The wicked shall not live out half their days," that is, the violators of law. We are acquainted with persons who are considered by orthodox people as "wicked," who nevertheless take pleasure in observing the laws of health and live to a great age. While on the other hand many persons endeavor to live blameless lives before men and God, but violate many of the laws of health and shorten their lives in proportion.

It is indeed astonishing that there has not been a *general awakening* among Christian people, especially since it is considered a mark of special favor from God to live long. To those who love and fear God the inspired

writer says: "His seed shall be mighty on earth, and with *long life* will I satisfy him." It cannot be denied many Christian people die young in years, and one reason is some are careless or ignorant violators of the laws of health. Even many Christian ministers are far from blameless in this respect. There is no reason why Christian people, within reasonable limits, should not attain unto the highest limit attainable in this life, and undoubtedly there will be with many an improvement when their attention is directed to this matter. We are fully convinced that a Christian life tends to prolong life, and that a knowledge and strict obedience of hygienic laws is necessary to the attainment of the maximum age in this life.

It is the highest time that people everywhere should have it strongly impressed on their minds that the violation of the laws of health are "physical sins." On this subject Herbert Spencer writes: "Perhaps nothing will so much hasten the time when body and mind will both be adequately cared for, as diffusion of the belief that the preservation of health is a duty. Few seem conscious that there is such a thing as physical morality.

Men's habitual words and acts imply the idea that they are at liberty to treat their

bodies as they please. Disorders entailed by disobedience to nature's dictates they regard simply as grievances, not as the effect of a conduct more or less flagitious. Though the evil consequences inflicted on their dependents and on future generations are often as great causes as those caused by crime, yet they do not think themselves in any degree criminal. It is true that in the case of drunkenness, the viciousness of the bodily transgression is recognized, but none appear to infer that if this bodily transgression is vicious, so, too, is every bodily transgression. The fact is, that all breaches of the laws of health are physical sins. When this is generally seen, then, and perhaps not until then, will the physical training of the young men receive deserved attention.—*Evangelical Messenger*.

Dr. W. W. Hall, in "HOW TO LIVE LONG," says: "No rational mind can fail to see that it is wisdom and a duty to guard against the causes, and watch vigilantly against the indications of such diseases as dyspepsia, which often so influences the mind as to subvert the whole character, making a wreck of happiness, heart and life together." Dr. Combe considers the preservation of mental and bodily health a moral duty.

On what subject is a revolution of

sentiment in society more necessary than respecting the laws relating to the health of our bodies and minds?

Once a King of Sweden was greatly disquieted over the destruction of his ship timber in his dockyards through the ravages of an insect. His Majesty applied to the great Linnæus for information and relief. After thorough investigation he was able to give the King the desired information, and the ravages of the insect were stopped.

Now the King of Kings hath declared our bodies are His temple. Is then the divine temple of less importance than ship timber?

How then can we be longer careless and reckless in that which is a thousand times more valuable than ship timber!

The government of Canada anchors buoys in shoal waters that the pilot may avoid dangerous places and avert catastrophe; the laws of health are the buoys conspicuously placed along the pathway of life, that we may avert the calamity of sickness, premature age and early death. Time at best is short, and life is too precious to be given over to the breakers and completely wrecked.

Who can compute the great worth of health! A cubic inch of gold is worth about one hundred and fifty dollars; a cubic foot,



a quarter of a million; a cubic yard, seven millions; a room, twenty-three feet each way, would hold all the gold now in the world outside of the mines; yet good health, with a good heart, is worth more than all this treasure, but we daily risk it for the millioneth part of the gold.

"Millions of money for an inch of time," cried Queen Elizabeth, of England, on her dying bed. Whatever then prolongs our stay in this world must be of enormous value.

Then let us constitute ourselves the guardians of our health and observe its laws.

It is generally accepted by civilized and christianized people for a man to take his own life is an unpardonable sin and ineffaceable disgrace. If then such guilt and infamy are attached to such a crime, can we by any rational arguments be led to believe ourselves innocent when we are indifferent and reckless with regard to the laws of health?

When a man wilfully and maliciously violates the laws of society and pays the penalty on the gallows, what do the people say? "Whatsoever a man soweth that must he also reap."

If the laws of health, of which we cer-

tainly cannot say they are grievous, are too galling for our necks, then we must be content to pay the penalty in aches, pains, weakness, disease, lost time, drug bills, etc.

"But, Mr., we get lots of sympathy and attentions from mamma and papa and the dear daughters and neighbors, O, so kind when we are sick." That may all be very true, but are "we" in the majority of cases really worthy of it?

Suppose within the next ten or fifteen years there should be a mighty revolution of opinion, and that instead of sympathy, they should give us in our pains and helplessness the deserved rebuke: "Serves you right; take care of yourself next time. Whatsoever a man sows that shall he also reap." Of course we are ready to admit there are exceptions to the rule; still, if the rebuke were given where deserved, would not many blush to be sick as over the consciousness of guilt for some other offense? And would not "repentance" in many instances be in order? Quite appropriately indeed the apostle James inserts, in connection with the elder's praying for the restoration of the sick: "If he have committed sins, they shall be forgiven him."

Within the last two centuries, through the diffusion of knowledge of the cause and

cure of disease, and the dissemination of the laws relating to health, the average years of life have about doubled.

It is now asserted that the cause of all disease is the colon loaded with decomposing and putrifying feces,—the “fertile ground of disease-bearing germs,”—the “cesspool of death,”—and that the cure of disease, as well as the prevention, is simply to remove the cause.

This is accomplished by flushing the colon, within the reach of every man, woman and child, leaving no excuse for sickness as a rule.

We desire to give this information to millions, and hope the day is not two centuries distant when the average age will not be less than “three score years and ten.”

### **A BASKET OF HYGENIC CHIPS OR NOTES PERTAINING TO HEALTH.**

“A sound mind in a sound body is a fitting foundation for all that is high and noble in human achievement.”—Dr. W. W. Hall in “How to Live Long.

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Next to religion there is no element so essential to success in life, as vigorous, robust health.

"Knowledge is power;" and certainly not the least is the knowledge how to cure disease, and how to fortify the system against disease.

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When the son or the daughter, the pride or hope of the mother, leaves the parental roof for the college or the university, not the least source of anxiety to her heart is the thought of her darling's health; however, as if by a charm, it is forever banished when she remembers she has taught her family the knowledge of the Hygenic Miracle.

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With any young lady or gentleman it is an indication of true wisdom if appreciation is shown for robust health, and the laws on which it depends.

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We are well acquainted with a man who has passed the middle of life, and who says: "He feels like a circus boy, and that the cause is the Hygenic Miracle."

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Physicians teach that even insanity is caused by the loaded colon. The cure is the removal of the cause, and this is always accomplished by flushing the bowels.

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"An ancient historian tell us that Queen

Ethelrida was so clean of heart as to need no washing of the body. But there are no such saintly people in these days. Cleanliness is so next to godliness as to be inseparable from it. The man who leaves the seven million mouths of his perspiratory system clogged up, will naturally fall to singing:

‘Hosannas languish on my tongue  
And my devotion dies;’

and being a sinner against one of the fundamental laws of nature, he cannot expect to live the full length of his days.”—Sel.

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A most serious and most frequent transgression of health rule is eating fast.

At this writing we call to mind two doctors who are very seriously afflicted with stomach trouble, one of whom acknowledged to us that his trouble was caused by “gulping his food,” and the second was accused by his own wife of being guilty of the same bad habit.

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It is a most unwise act to take your studies, or business, or embarrassment to the dinner table.

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A prominent physician writes that: “It is suicidal to sleep or remain long in a room,

however clean and attractive, into which the sun cannot shine several hours a day." In hospitals it has long been observed that patients occupying sunny rooms recover more surely and speedily than those in a sunless room.

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"Knowledge is power," and nowhere does ignorance serve a man so disadvantageously as on a sick bed.

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A wise man aims so to live as to be free from aches and pains in old age.

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The best drug store for your children is out-door-freedom, fun, play and exercise.

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How embarrassing for a young and ambitious man, to be in a strange land, with limited means, wholly ignorant of the laws of health, the cure or prevention of disease. It may possibly prove a double calamity, loss of health and loss of prosperity.

The Hygenic Miracle is a sure defense.

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If you are anxious for an excuse to see the doctor, begin hard study immediately after a meal.

Losses and gains always attend sickness. Your gains will be aches, pains, disquietude, drug bills and nurse bills; you lose time, rest, happiness and business.

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If it is not an indication of insanity to eat a meal and engage in hard study at the same time, it certainly points to an experience a little this side of that.

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Onions are not only healthy, but very nutritious, containing as they do twenty-five per cent. of their weight of gluten, the most nutritious element in wheat. It is, however, a mistake to suppose that a liberal use of onions will prevent throat troubles, diphtheria, etc., when at the same time the alimentary canal is neglected.

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A quart of healthful and nutritious beverage is made by mixing one pint each of sweet milk and fresh water, adding a beaten egg with salt to suit the taste. You will find it good.

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Nothing looks more like a bit of insanity than for a lady or gentleman to go to the White Mountains, Saratoga, Florida or California for health and take with them the

colon loaded down with the most horrid filth and putridity imaginable.

How can they expect to get free from disease when they take the "cesspool of death" with them?

It is a positively correct indication that the Hygenic Miracle has not got into their possession.

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The temperature of the body in health is about ninety-eight degrees, ascertained by placing the thermometer in the armpit. If the thermometer indicates five or six degrees more, there is a serious disturbance and death is approaching.

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Aged people cannot endure the cold with younger persons. A luxury for them in cold weather is a four-quart rubber fountain syringe that can be converted into a water-tight bottle in a few seconds, when filled with hot water and placed to the feet in bed. It makes a warm bedfellow for young ladies who are in the habit of roasting their feet in the oven before retiring. Try it and be delighted.

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If at hard labor on a hot day you naturally should drink more than on a cold day



on account of the greater perspiration; but to avoid drinking immoderately and unnecessarily overburden your stomach, observe these rules:

1. Keep the mouth shut, and mouth and throat will not get parched but remain moist.

2. Bathe hands and head in cold water; it cools the blood and is more refreshing than making a water bucket out of ones stomach. Persons who breathe through the mouth are sure to suffer.

If much fatigued, a cup each of nice sweet butter-milk and fresh water is an excellent invigorator.

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Physiological research has fully established the fact that acids promote the separation of the bile from the blood, which is then passed from the system, thus preventing fevers and other prevailing diseases of summer. All fevers are "bilious," that is, the bile is in the blood. Whatever is antagonistic to fever is cooling. It is a common saying that berries and fruits are "cooling;" it is because there is an acidity in them, which aids in separating the bile from the blood and thus purifies it. Hence the great yearning for "greens," and lettuce and salads in spring, they being taken with vinegar;

hence, also, the taste for lemonades, butter-milk and other acid drinks on the part of a bilious person, and in attacks of fever.—*Dr. W. W. Hall, in "How to Live Long."*

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CORPULENCE is at the very best a great inconvenience. It may interest those thus afflicted to learn of the experience of a gentleman of this vicinity. After using the flushing of the bowel for a time he noticed his pants were getting entirely too baggy and thought he must be losing flesh. The test on the scales, however, showed that he was retaining his weight, while his abdomen was being reduced. Is not the immensity of the abdomen in very many instances simply the result of abnormally distended intestines? Do not despair; the Hygenic Miracle will reduce it nicely.

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It cannot be denied that teachings in print make a deeper impression on the minds of children than the repeated admonitions of parents. Parents should provide their children with safe reading respecting health and disease. A book of greater value than the Hygenic Miracle it would be difficult to find.

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It is a serious mistake to suppose that

hard students must eat little food, and it is even a still greater mistake for the student to trespass on the first hour of digestion with his studies.

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A sneak thief once entered the house by a window that happened to be unfastened; afterwards that window was well secured. If we take a cold, we should know how it occurred and ever thereafter be on our guard.

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Should there be a sudden indisposition, we should endeavor to discover its cause. In this way we soon learn what food best agrees with us and what is more or less hurtful.

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Perhaps this never was published, but it is worth preserving. Those who have suffered with small-pox know something of the excruciating torture of the itch. In this condition a young man found himself, but hoped to be able to ease himself by applying his powerful finger nails to the affected parts, but, all in vain, he began to despair and called for help. His mother heard and answered the call; approaching she asked, "what is the matter?" "The itch is driving me crazy," he replied. In a short time she brought something in a saucer and instructed

him to apply it to the affected parts. He did so, and soon dropped to sleep. It was simply sweet oil and the white of an egg well beaten. The writer has never been able to suppress his gratitude for the relief in that dark hour.

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Some people believe in taking all their trouble, including sickness, to God in prayer. They say the Son of God is the great physician: He healed when He was on earth, and is yet able and willing to do so. This is undoubtedly true; however, many persons habitually violate the laws of health, and for them the exercise of some common sense would be in order first. If they had taken proper care of themselves they would not have been ill, and if they had ceased the things that made them ill, they would soon have got well of themselves.

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John Haberton tells of a preacher who visited a sick man, whose house was filled with poisonous gases from a neglected drain. Talking of faith the preacher said to him: "You don't need to use more faith, but you do need to use some chloride of lime on that drain if you want to get well." We have great faith in prayer, but prayer does not clean out drains or dissipate poisonous

gases." The "Christian" talks sound sense. What chloride of lime will do in a neglected drain, hot water will do much more efficiently in the filthy and neglected sewer of the body, the source of all disease.

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"Ignorance or recklessness of some of the most common things often endanger life. Dr. Robert Macnish, of literary fame, acknowledges that at four different times he unnecessarily imperilled his health. At fifteen he induced a dangerous brain fever by injudicious habits of study; at nineteen, by excessive efforts in wrestling and jumping, —violent peritonites was the result. After that he had an attack of inflammation of the lungs as a result of "dissecting" at an open window, in midwinter, for several hours; and last a dreadful fever from dancing all night and going out into the winter air without any cloak or overcoat, getting thoroughly chilled before reaching home."—How to Live Long.

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Vaccination has been all but universally introduced as a preventive or amelioration in small-pox. Let flushing of the colon with exercise in respiration become as universally introduced and faithfully observed, and sickness will become almost unknown.

"As a branch of PHYSICAL CULTURE the flushing treatment is supreme."—F. F. & S. Supplement.

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"It is every woman's duty to be as beautiful as fate will allow, and if the flush played no higher part than to cater to vanity, the knowledge of its worth would be of untold value to those who possess it."—F. F. & S. Supplement.

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"The flush is a soother under all conditions. It banishes drugs from the healing art, and once healed of your infirmities, and persisted in all things being equal, you never need be ill again. Dyspepsia flees before the rush of genial warm water, female complaints derive almost instant relief, and in time are cured if the vaginal flush is used in connection with the colon flush. Sleeplessness is a fiend that never sits upon the pillow of the faithful demonstrator of this natural remedy, and physical nature responds in happy unison to this heaven-appointed preventive of diseases of the civilization."—F. F. & S. Supplement.

### HOT WATER AS A PAIN RELIEVER.

Of all remedies for the removal of pain

hot water stands in the very first rank. Unlike powerful and poisonous narcotics, it is used without any risk or harm. It is used for pain in the bowels, stomach, kidneys or pelvic cavity, and can be relied on no matter how great the pain or distress.

Probably the most formidable surgical operation ever undertaken by Dr. J. H. Kellogg, of the justly celebrated sanitarium located at Battle Creek, Mich., was performed in our presence.

The operation being successfully completed, the patient regaining consciousness, found herself in extreme pain and distress. It was no small degree of relief to us that without the use of opium or morphine, she was able to rest and sleep inside of six or eight hours. In this case the rectal cone was used. This cone contains one tube connected with fountain syringe, and a second or "return flow tube," and with hose attached to convey the hot water into a vessel under the bed, thus wholly avoiding the wetting of patient or bedding however disquiet. No less than three different instruments are in use for this purpose. Thus the hot water can be passed into the body, imparting its powerfully stimulating effect, soothing and relieving, at the same time it antagonizes all tendency to congestion. If

the reader for one moment thinks that I, as a non-professional may be far astray, I will insert a paragraph of Dr. J. H. Kellogg's "*Report of Fifty-two Consecutive Cases of Ovariectomy*," etc.

"The pain following abdominal section is usually quite severe for the first twelve or fourteen hours, although in many cases I have been surprised at the small amount of pain experienced. I am not aware that special means commonly employed for the relief of the agony of the first twelve hours by those who have abandoned the old method of employing narcotics, except to tell the patient that she must bear it; but I have found that the patient's distress can be so greatly relieved that refreshing sleep may usually be secured even the first night following the operation, by the employment of simple means of various sorts, which only require deftness and skill on the part of the nurse. The means most useful for this purpose are the application of heat to the spine or across the hips, gently rubbing the legs and arms, the hot enema, which may be ordinarily used with perfect safety, at any time subsequent to the operation, if carefully managed, and especially the hot vaginal douche. The latter measure is so certain a means of giving the most marked relief from the distressing



pain in the groins experienced by the patient after ovariectomy, that I always expect success in its employment. It is not an uncommon thing for the patient to fall asleep while taking the vaginal douche. The application of heat not only relieves pain, but is also a most excellent means of combating a tendency to hemorrhage, as it aids in relieving the pelvic congestion which necessarily follows the interruption of the natural venous outlets.

I begin the employment of the vaginal douche a few hours after the operation, and am satisfied that it is of great service, not only in relieving pain and preventing capillary oozing, but also as a means of stimulating the absorption of fluid from the peritoneal cavity, and thus preventing peritonitis." This is a true and indeed a very gratifying statement and infinitely more human than the practice in some hospitals, where they have no more consolation than the curt command, "Shut up. Groaning is not allowed here."

Dr. J. H. Kellogg and his nurses not only endeavor to make their patients comfortable but show the utmost kindness and sweetness of temper as becometh persons fearing God.

While I conscientiously believe that this

skillful surgeon with his assistants and nurses are doing a remarkably good work—second to none in the world—for suffering women, I at the same time believe that all, or nearly so who practice the treatment laid down in this manual, will never be under the necessity of undergoing abdominal section, which is at best a very serious operation. An estimable lady, the wife of a minister, suffered very much from ovarian trouble, the physicians of the city having done all for her they could, came to this conclusion that she would have to undergo an “operation.” Very fortunately the remedial process of the Hygenic Miracle came into her possession, and in a short time the necessity for an “operation” had passed away to the joy of the family.

The reader will also be pleased to see how well the hot water theory in Dr. K’s writings harmonizes with our own. By all means give the flushing process thorough trial, before concluding to undergo an “operation.”

Another extremely important use of hot water is, “the combating of shock attending serious surgical operations.

1. By hot water-bed during operation.
2. By surrounding the patient with rubber bags filled with hot water, when the pa-

ient is transferred from the operating table to the bed.

3. By the application of heat over the heart.

4. By hot enema."—J. H. Kellogg, M. D.

The truth needs to be known by the people that while generations have been sending to "Paris" or some other world's centre for some wonderful remedial agent, and paying enormous prices therefor, they at the same time were utterly unconscious of the far superior remedy hot water at hand. Just think of the millions of dollars spent for quinine alone to combat the chills. When three or four quarts of hot water are passed into the colon, where is your chill in eight or ten minutes? Chills and hot water cannot exist together long. Quinine bears no comparison and is destined to become a very cheap drug.

### BATHS.

Universally the bath can very profitably be introduced into the home. As a cheap, convenient, and efficient means for combating the effects of cold, and aiding other remedial processes for removing rheumatism in every form, the drug store has nothing to touch it.

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What person of sound mind can longer consent to be swallowing cough syrups for weeks, when, in most instances, the same cold can be entirely eradicated in about two hours. But remember the cold must not be neglected, but attended to at once, the sooner the better.

The reader must be educated to the important fact at once that baths once adopted will forever banish "lung balsams" and "cough lozengers" from the home, and that it is so much easier and more profitable to heat a few pails of water and get into a tub, or cabinet, followed by a good rubbing of the skin, than to run down town and then wait the slow action of medicine. How many of our friends whose mortal remains are mouldering in the tomb might have been saved to their families for many years, if they had had one-half the faith in the bath, they had in drugs!

### THE HIP BATH.

How much has been said about the suffering and labor of woman by the side of a wash-tub, however for a woman (or man either) to get into a wash-tub is quite a luxury and is sure to lessen the pains and distresses of life. Four pails of hot water—not scalding hot—in a good sized tub, the

patient strips and with a woolen blanket loosely enveloping the body, sits in the tub, the blanket now brought over the tub completely enveloping tub and patient to the head. The feet in case the tub is too small, may be put into a large pail half full of hot water. Thus the heat and vapor are confined and kept in contact with the body producing free perspiration in from fifteen to twenty minutes. The patient now is rubbed thoroughly dry and in most instances should remain in bed at least until well rested and improved, a few hours or over night in most instances being sufficient. This whole operation need not occupy more than thirty minutes. You employ this common sense method and the result is entirely satisfactory both to the patient and operator.

### **HOT AIR BATH.**

Take a large solid seated chair, put wash basin with one inch of water therein, set under the center of the chair and in this basin set a teacup two-thirds full of alcohol; now strip and envelope chair and your body to the chin with a woolen blanket, and by means of a lighted match set the alcohol on fire. The burning alcohol will heat the air under the blanket and in from eighteen to thirty minutes

there will be free perspiration. The after treatment will be the same as under hip-bath.

### RUSSIAN BATH.

A cabinet can be made by any one of ordinary skill, by reading the following description, by means of which this health restorer can be utilized in all homes.

Make four frames of strips one inch square; two frames each three feet four inches square, two frames each two feet by three feet four inches. These four frames covered on both sides with light duck or heavy sheeting will form the four sides of the cabinet, two feet wide, three feet four inches long and three feet four inches high. These four frames can be hinged together with strips of duck or light leather, in such a manner as to turn in either direction.

Tack firmly the leather strip on one frame, pass between the two frames and tack on the opposite side of other frame; the other strip the reverse of this, four strips for each joint. For the top use a blanket with a hole at or near one end for the patient's head. The patient sits on a chair inside this cabinet, his head protruding through the blanket on the top. At the other end of the cabinet is an alcohol lamp or gas

lamp over which is a copper or other suitable vessel containing water. The boiling water furnishes hot vapor for heating the cabinet to sweat the patient.

It is declared by good authority that a cold shower bath or even a plunge into cold water is beneficial when coming out of the steaming tub or cabinet, only let the rubbing be well attended to.

The bath is highly recommended for sciatica, kidney troubles, colds, every form of rheumatism and even insanity.

### **FLUSHING OF THE KIDNEYS.**

To omit this chapter would seriously lessen the value of this work, for in no disease of the system is the flushing more singularly effective than in disease of the kidneys. To such an extent do we believe this that where this flushing process is fairly attended to, Bright's disease and diabetes are an impossibility.

The first gentlemen we ever called on specially with reference to the value of the flushing process, his reply was: "I am liable to kidney trouble and if I had not this treatment, I would not be fit to work, to do business, or to live, and at the same time I would be taking medicine all the time. I

would not take five hundred dollars for the treatment. If I at any time feel any indication of the trouble, I use the flush on going to bed, and the next morning I am all right." This gentleman is one of the most honorable residents of this vicinity. This endorsement of the treatment has been corroborated by every one we have spoken to who has had occasion to use it for kidney trouble.

In the chapter on Consumption we have stated how that in taking cold, the action of the skin being checked, its labor is thrown on the lungs. Now it is in accordance with fact that the kidneys share this extra labor and if they are weak, the extra labor imposed on them is liable to break them down through irritation and inflammation. Aside from this when the colon is loaded with rotten and putrid matter and being absorbed into the system, it contributes constantly to the labor of the kidneys and from the intensely poisonous nature of the matter eliminated by them, it must irritate and greatly weaken these organs. The neglect then of the alimentary canal and the taking of colds are the principal sources of kidney trouble, for both of which we are ourselves directly chargeable.

It has been stated heretofore that the colon has numerous absorbents and it is



owing to this fact principally that the flushing of the kidneys is possible. To successfully accomplish this, let

1. The flushing of the colon be attended to in the evening before retiring, and when about to retire

2. Pass about one quart or some less of hot water into the colon and retain it. In about from ten to twenty minutes all peristaltic action will subside and the patient can quietly sleep. The hot water in the colon passes over the kidneys, opposes congestion, is absorbed and carried through the kidneys. This bland and non-irritating fluid, soothes, cleanses and heals to such an extent that in acute attacks the trouble generally subsides in from six to twelve hours, while in chronic cases it may have to be continued for months.

3. Let the action of the skin in all cases of cold be restored at once; then with only the normal amount of labor, the kidneys under the excellent influence of the hot water will recuperate and be restored. No other process is known to have the same effect on the kidneys.

A Baptist minister told us: "I find that for the kidneys it is just a sovereign remedy."

**FEVERS.**

Our highly esteemed grandfather was a "quack" doctor and many patients did he relieve in their distress by his simple, common sense and successful methods of treatment, and yet not for one moment would he have received any consideration on the part of the so called "old school" doctors.

It is indeed pleasing, not to say amusing, to see the foremost physicians of the day *come down* to grandfather's method or some modification of the same, in treating even so serious a disease as Typhoid fever without any drugs whatever, and then *report it for the benefit of the medical fraternity that the treatment of fevers without drugs has reduced the mortality from forty per cent with drugs to as low as two per cent without!*

Well, we declare it makes one feel like singing the doxology! Surely the "better time" has come! Indeed, it is now acknowledged that the treatment of fevers with simple water, warm and cold, "has come to have a standing among the foremost men in the medical profession," and as time rolls on this conviction grows stronger.

Medical writers acknowledge that in fevers the bowels are more or less diseased, if not actually the seat of the disease itself.

If the health officer considers the neglected back yard vault a source of danger, can a "cesspool" in the body be considered any less so? Dr. Turner says: "all disease arises in the neglected bowels." We have hardly patience to read the lengthy and elaborate articles on typhoid, typhus, and spotted and putrid, and malignant and jail and ship fevers, and the first, second and third stages, it is so much like the religious paraphernalia of the scribes and pharisees, which while it dazzles the eye or sense lets the soul sink into perdition.

If the rotten and putrifying feces in the body are the cause of fevers, then common sense would say, remove the cause at once and you remove the disease. While we are depending on drugs, the body draws nigh unto the grave. A very prominent physician said: "If I were taken with typhoid fever, I should desire pure air, good nursing, and, if weak, stimulants in the shape of whiskey or brandy-punch, wine or champagne." I should say give me a sweet alimentary canal and strike the fatal blow to disease at once.

It is refreshing to read that Dr. Debove of Paris Hospital, treated one hundred and fifty cases of typhoid fever with water alone and that the percentage of cures was far greater than when drugs were used. This

of course is hard on the drug business, but it certainly is good for the patient.

Prof. Debove's method is simply having the patient drink freely of cold water, as much as a gallon and a half in the course of twenty-four hours. Thus the temperature would be lowered and the skin and kidneys aided in eliminating the poisonous matter from the blood, tissues and system. We believe this method has already been improved.

Prof. Cantani not only endorses the above treatment but also injects large quantities of cold water into the rectum, twice every twenty-four hours. How refreshing to a fever patient is water! If when in good health, on a very hot day, water is so refreshing, how much more so to a sick man whose blood is one hundred and three degrees or more!

The cold water in the bowels is rapidly absorbed and, mingling with the blood, reduces the fever; it also enters and cleanses the tissues, and all this benefit without any disturbance excepting, perhaps, a slight chill which can be avoided by using water of a higher temperature.

One of the most prominent of American physicians says that convalescence is established in from fourteen to eighteen days.

Dr. Cantani believes that if injections are employed at the beginning of typhoid fever it is possible to shorten the disease in very many cases.

Dr. Turner says: "All kinds of fevers of a malarial or contagious nature, have their origin in the colon, and *that the cure will commence immediately after beginning the treatment, and in most cases require but a remarkably short time to complete a cure.*—F. F. & S. Sup.

In the German military hospitals, many of the French hospitals and numerous private hospitals, the following method is exclusively employed and with the result already stated, namely, mortality reduced from forty to eight and in some instances to two per cent. When the temperature of the patient reaches about  $103^{\circ}$ , he is taken out of bed and let down into a bath tub containing water at about  $75^{\circ}$  or a little lower, and while in the water is well rubbed for only a few minutes and returned to bed well blanketed.

We now come to grandfather's method: The patient, if able to stand is previously stripped, stands before the bed and, facing it with a woollen blanket around him, the operator approaches from behind with a cotton sheet dipped in tepid water and well

wrung out, and at the same instant the operator is ready to enfold the patient in the wet sheet, the patient drops the blanket; the operator now picks up the blanket, puts it on the patient over the wet sheet and folds it nicely and snugly around him, only not too tight, especially around the arms. The patient now turns around, sits on the bed and drops into it, and the operator heavily covers him with abundance of bedding, for two or three hours, until the patient is thoroughly sweated. This was practiced in all kinds of fevers, measels, small pox, throat troubles and rheumatic troubles; the patient thoroughly sweated and in a short time made a good recovery.

The wet pack reduces fever, induces sleep, and the patient awakens perspiring freely and much refreshed.

The writer was thus "packed" for about three hours (small pox having been suspected) and in two or three hours after, the pox began to appear, and in a few days we were able to go out. Perhaps scores of times has this treatment been used in our family with excellent results. In cases of fever, skin diseases, throat troubles and rheumatics we never hesitate to use it.

The enveloping of patient in wet sheet and blanket should be done as quickly as

possible and thus reduce the discomfort to a minimum.

However, better than all, we believe where the flushing of the colon is regularly practiced, the bowels are kept sweet and disease is kept, not only out of the bowels, but from the system as well.

If the alimentary canal is kept sweet, where is disease to come from? Pure blood and healthy tissue will always resist disease that comes from without.

### **CHOLERA OR CHOLERA MORBUS.**

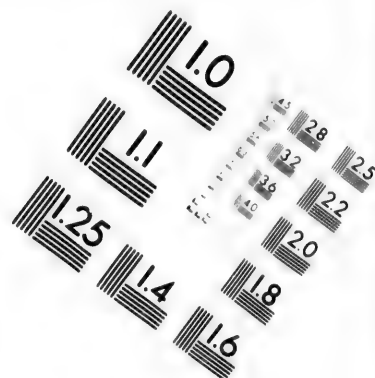
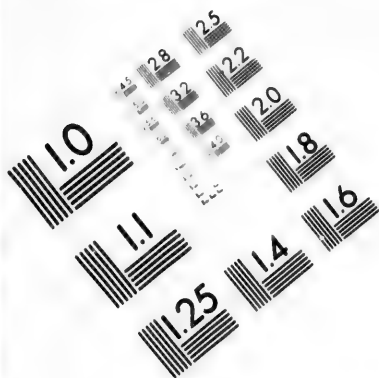
In case of an attack of Cholera or Cholera Morbus, either with children or adults, apply heroically the flushing of the bowels. Thus you speedily remove the fermenting, irritating and poisonous matter from the alimentary canal. In a severe attack that was under our own special care, two full flushings were given in about one hour, and hot cloths were applied to the abdomen. In about four and a half hours, the patient went to sleep and rested till the next morning. Then a third flushing was ordered. At twelve o'clock the patient arose and took dinner with the family, careful however of his diet, as the bowels were yet quite tender. In this case not a teaspoonful of medicine was used and the patient made a rapid recovery. In all

cases of cholera there is active fermentation in the bowels. The flushing quickly draws off this fermenting matter and surely stimulates the bowels and stomach, aiding in throwing off disease, at the same time it reduces inflammation and soreness.

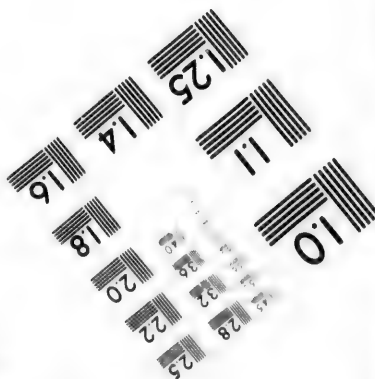
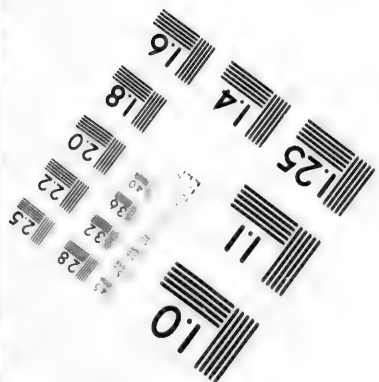
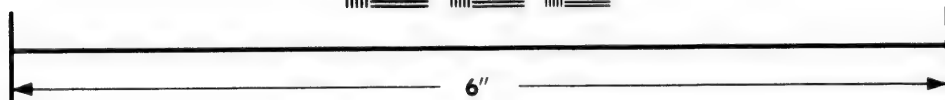
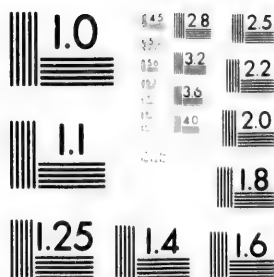
Only this week we had the pleasure of meeting a gentleman who related his experience of an attack of cholera and its treatment with the flush. The griping was so severe and the peristaltic action of the bowels so powerful that at first he could use only a very small quantity of hot water. However, he persevered, using the flush at short intervals and after each operation the bowels became more and more natural and considered himself well in a few hours.

Should the reader think the above treatment too simple, he may compare it to the following eclectic treatment: Give laudanum, camphor, capsicum or carbolic acid. The astringents also are to be used as tumeric, cranesbill, leptandrin, &c. Brandy also and morphine may be administered, with mustard plasters over the abdomen. The reader can take his choice; for my part I would have the irritating and fermenting substances withdrawn from the alimentary canal as quickly as possible and when the cause is removed, where is the disease?





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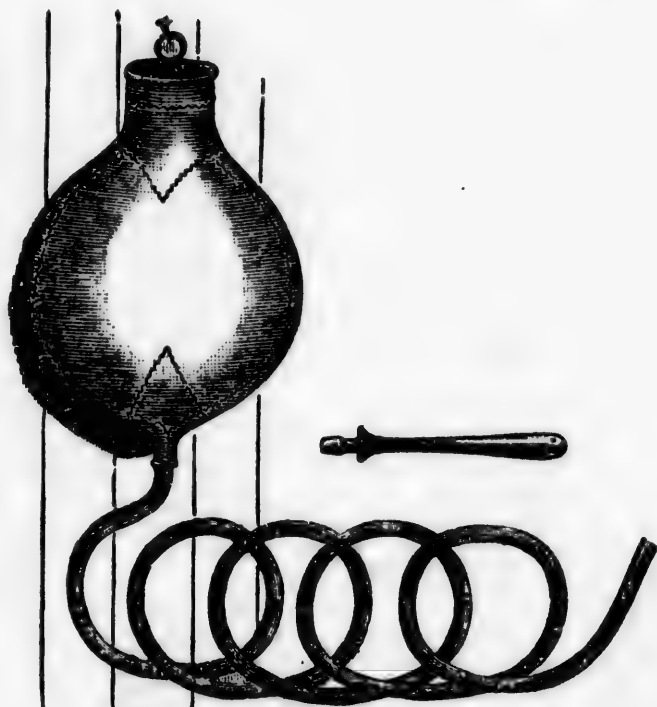
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